



GLUCOSE TOLERANCE TESTING DURING PREGNANCY

Some women become temporarily diabetic during pregnancy due to the effects of hormones, heredity, age, diet and weight. Gestational Diabetes can be dangerous if not identified and controlled and can be associated with several pregnancy complications. It can usually be managed with diet and monitoring blood sugar, and sometimes requires medication.

Between the 26th and 28th week of pregnancy you will do a two-hour diagnostic test for gestational diabetes. This test is very important due to the potential effects of gestational diabetes on the management of your pregnancy.

This test requires you to be fasting:

- Please do not eat or chew gum for 8 hours prior to your arrival.
- Drink lots of water, **STAY HYDRATED!**
- After the fasting blood level is drawn, you will be given a glucola drink. It tastes like flat soda.
- Your blood will be collected one hour after you finish the drink and again at the two-hour mark.
- A total of three blood draws will be collected.
- You may want to bring a protein-rich snack to eat when your test is done.

Please be advised this is a **two-hour long test** during which you should remain in our office. During the time in the office, most women will also have their midwife visit.

Other Appointment Details

Along with testing your glucose levels, we will be

- testing your blood for iron and platelet levels
- sending a clean catch urine culture
- If you are Rh negative, you will also have an antibody screen drawn prior to having your RhoGAM injection at 28 weeks.
 - RhoGAM is a medication that stops you from making antibodies that can attack Rh positive blood cells. RhoGAM is a sterilized solution made from human blood that contains a very small amount of Rh positive proteins. These proteins keep your immune system from making permanent antibodies to Rh positive blood. They do not hurt your baby. RhoGAM is given as an injection.