

Instructions for Gestational Diabetes Test

Gestational diabetes (also known as diabetes of pregnancy) can lead to several serious pregnancy complications. We screen for it by checking your blood sugar after giving you a carbohydrate load (the drink). To do this test, you must drink _____ bottle about 30 minutes before your next appointment. You do not have to take it like a shot, but you cannot leisurely drink it either. Drink it cold—it tastes better that way. You DO NOT have to be fasting, but we don't recommend you take it with food or eat anything before having your levels drawn—there is a chance you will have a falsely elevated test and will be doing the 3 hour confirmation test. We have to draw your blood exactly 1 hour after drinking the drink. Please inform the receptionists when you check in what time you need your blood drawn. If it has been an hour do not be afraid to ask us to draw your blood—if it is too long you will have to drink the bottle again.