



## Glucose Screening

### *Why Is This Test Performed?*

Glucose screening checks for gestational diabetes, a short-term form of diabetes that develops in some women during pregnancy. Gestational diabetes can cause health problems for the baby, especially if it is not diagnosed or treated.

### *When will I have this test?*

Screening for gestational diabetes usually takes place at 24 to 28 weeks.

### *How Is the Test Performed?*

You will go to one of the DKH labs for this test. They will give you a glucola drink and watch while you drink it. It must be drunk quickly. Some women experience nausea after drinking it due to its sweetness. To prevent this we encourage women to eat a diet high in protein and low in sugars and carbs on the day of their Glucose Screening. One hour after drinking it the lab will draw your blood.

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If you choose, you can come 20 minutes early to your appointment, go to the lab first and drink the glucola, noting what time you must return. Then come to the clinic for your appointment. *Be sure to tell the receptionist when you check in what time you need to be back at the lab.* We will make every effort to finish your prenatal appointment so that you can get your blood drawn.

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**THIS IS A TIME-SENSITIVE TEST. IF YOU DO NOT GET YOUR BLOOD DRAWN AT ONE HOUR YOU WILL NEED TO REPEAT THE TEST.**