

Gestational Diabetes Screening

Pregnant people experience many metabolic changes during pregnancy. In a normal pregnancy the hormones of the placenta make it more challenging for your body to use insulin. Insulin is a hormone that helps the body metabolize sugar. When pregnant people have too much insulin resistance, they are diagnosed with gestational diabetes. We recommend that all pregnant people be screened for gestational diabetes around 28 weeks. This screening is performed at our office using a fingerstick and results are back within minutes.

Instructions for Glucose Screening

We will provide you with either a 50 gram glucose drink or a bag of jelly beans containing 50 grams of sugar. On the day of your test you do not need to fast for the entire day. You should avoid foods that are high in sugar including fruit, fruit juices, sugared cereal, bread and most carbohydrates. Try to focus on eating a high protein foods that day, for example eggs and sausage.

1. Do not have anything to eat or drink (except water) for two hours prior to the test.
2. Drink the entire bottle of glucose or eat all of the jelly beans within 5-10 minutes
 - a. The drink will taste better if chilled or poured over ice
3. Do not eat, drink, smoke or chew gum once you have begun to consume the test (except water)
4. Your blood needs to be tested exactly one hour after you have finished your sugar. Please plan to finish consuming the sugar 45 minutes before your scheduled appointment with us. When you check in, please make sure to let our office staff know what time you finished your drink or jelly beans so we are able to collect your blood sample on time

For example: if your appointment is at 10:00am, we will plan to collect your blood at 10:15, which means you need to finish consuming your sugar by 9:15 and make sure you have finished your breakfast by 7:00am.

Bring a protein-rich snack to eat and have water for after your blood is drawn.

This test is a screening test. If the result comes back high, there will be additional blood work recommended that will be drawn at the lab.

If you have any questions, please don't hesitate to call the office at 970-247-5543

For more information on screening visit: <https://evidencebasedbirth.com/gestational-diabetes-and-the-glucola-test/>