



Screening for Gestational Diabetes

All OB patients are due to have a one-hour glucose challenge test (GCT) between 26 and 28 weeks.

Why do we test for gestational diabetes?

Gestational diabetes can affect 5% of pregnancies and most women have no symptoms. Uncontrolled gestational diabetes can be harmful to the baby's metabolism. Mothers with diabetes can also develop high blood pressure. Women who have this problem need to keep control over blood sugar levels since the sugar can cross the placenta and cause the baby's pancreas to produce more insulin. This can lead to abnormal weight gain for the baby in an unhealthy way. This, in turn, can affect delivery. Also, the baby's blood sugar can drop suddenly after delivery, which is called hypoglycemia. It is well proven that women with gestational diabetes, who have sugar levels under control, have pregnancies with good outcomes and no complications at rates equal to women who have no gestational diabetes.

How is the test done?

The gestational diabetes test is a screening blood test done in our office. You DO NOT need to be fasting. You will be asked to drink 50 grams of liquid sugar and then wait for one hour. During this hour wait, please do not eat anything as it may alter the results of the test. You may have a small amount of water only. If your results are abnormal, you will be notified. We will then ask you to do the longer 3 hour test to see if you have gestational diabetes.

- Appointments can be made in our office by calling 630-654-2229. Appointments need to be made at least 2 hours prior to closing time so there is enough time to complete the test. Please indicate when scheduling that it is for the one-hour glucose test.
- You do not need to fast for this test; however, it is recommended that you eat your normal breakfast, lunch, or dinner approximately two hours prior to testing.
- Please drink a couple glasses of water prior to the appointment.