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EXPLANATION AND INSTRUCTIONS FOR GLUCOSE SCREEN ON PRENATAL PATIENTS

We do routine blood glucose screens on all prenatal patients. This test is done around the 28th week of pregnancy. The reason for the test is that any patient can become diabetic during her pregnancy due to the increased hormones secreted by the placenta. This condition is called "gestational diabetes". Patients who have a predisposition for diabetes outside of pregnancy are at an even higher risk for this condition. The higher risk patients will be identified during the first prenatal visit and will be scheduled for two glucose screens - the first around 20 weeks and the second around 28 weeks of pregnancy.

INSTRUCTIONS FOR THE TEST ARE AS FOLLOWS:

1. You may eat and drink normally the day of the test, but please avoid sugary foods (fruits, juice, etc).
2. Once you have finished drinking the glucola, do not eat or drink anything (other than water) until your blood is drawn.
3. When you arrive for your appointment, please advise the front desk staff as to the time you finished drinking the glucola. Your blood has to be drawn **one hour** after you have completed the glucola. Please come in 30 minutes prior to the time your blood needs to be drawn so we will have time to draw the blood within the one hour time frame.
4. You should drink the glucola within a 10 minute period.
5. We would like to request that no blood draws be done after 4:00 p.m.
6. The test results should be back within one week. We will notify you of any abnormality and give instructions at that time for further testing. If you are coming in for a blood draw without an appointment, please call the office prior to drinking the glucola to make sure a nurse is available.

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