Please link this page to the diabetes screen in second trimester tests

DIABETES SCREEN

Screening for Gestational Diabetes

The screening test for gestational diabetes is routinely performed between 24 and 28 weeks.  This test, also known as the glucose challenge test, is a blood test, for which there are very specific instructions.

You will be given a drink called a glucola in advance of your appointment. Glucola is very sweet and may be better tolerated if chilled prior to drinking. It is recommended for **you to avoid sweet or carbohydrate** heavy food for the two hours before you drink the glucola.

Instructions:

1. **Drink the glucola 30 minutes prior to your scheduled appointment time.** (At home, in the car, at work, in our waiting room are all fine)
2. **Drink the glucola within 5 minutes– not five seconds!**
3. **When finished drinking the glucola, look at the time and mark it.** You will need your blood drawn an hour after finishing the glucola. Setting an alarm on your phone is helpful to many.
4. **Do not eat or drink anything**between drinking the glucola and having your blood drawn.
5. **Keep track of the time and let the front desk know when you need the lab to draw your blood.** If you are past the one hour mark by more than ten minutes we will ask you to repeat the entire test.

In addition to the glucose test, we will be drawing a hematocrit to determine whether you have anemia or not.