

# Gestational Diabetes

Diabetes is a condition resulting from the body's inability to use sugar (glucose) to produce energy. When this happens, the levels of sugar within the blood become abnormally elevated. Gestational diabetes is when diabetes develops during pregnancy.

Gestational diabetes is on the rise. It affects between 1-14% of all pregnancies. Risk factors for developing gestational diabetes include: a previous pregnancy with gestational diabetes, family history of diabetes, obesity/overweight, and advanced maternal age (35 years of age or older at the time of delivery). Gestational diabetes usually develops during the second trimester of pregnancy.

Through close monitoring by your physician, diet, exercise and in some cases, medication will be needed to avoid complications from gestational diabetes. Complications for newborns include: macrosomia (large babies), very low glucose levels at birth as well as elevated risk for breathing problems at birth. Complications for the pregnant person include: high blood pressure, pre-eclampsia, and a higher chance for cesarean delivery.

## GESTATIONAL DIABETES SCREENING TEST

Testing for gestational diabetes is usually done between 24 and 28 weeks of pregnancy. However, if your physician decides that based off your history you are at higher risk for gestational diabetes, she may decide to have you complete the test earlier. To ensure the most accurate results, it is important that you follow the instructions. You do not need to make any dietary changes prior to the test and you do not need to be fasting.



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## THE DAY OF THE TEST

1. Please drink the entire bottle of glucola (sugar water) within 5 minutes and have your blood drawn exactly 1 hour later.
2. Do not eat or drink anything after finishing the bottle of glucola.
3. Arrive 15 minutes prior to your scheduled OB appointment for the blood draw and let the receptionist know what time you started drinking your glucola.
4. This is a timed test and if it has been over 1 hour and 10 minutes since you drank the glucola, we will request that you repeat the test to ensure accurate results.

If your screening test comes back abnormal, you will then need to do the Three Hour Glucose Tolerance Test. One of the nurses will call you and inform you of your results and help to schedule the Three Hour Glucose Tolerance Test. This test will take up to 4 hours to complete and you will need to stay in clinic so make sure you bring something to read or work on while you are waiting.

1. You will need to be fasting which means absolutely refrain from eating, smoking, exercising, and drinking 8-12 hours prior to your test. This means no gum, mints, cough drops, etc. even if they are sugar free. You can consume plain water only.
2. When you check in at Associated Physicians let them know that you have lab work that needs to be drawn.
3. You will have a blood test done as soon as you arrive at the lab.
4. They will then give you a 100 gram glucola drink.
5. Your blood will then be drawn 1, 2, and 3 hours after you finished your glucola drink. You may only have plain water during this test.

Please make sure that you bring a snack with protein in it that you can eat after your last blood draw. Some people may feel nauseated, light-headed, or sweaty during the testing process. If you do not feel well, please request a quiet room to lie down and rest. This may help pass the time and make you feel more comfortable.



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### HOURS

Monday – Friday 7:30am – 5pm

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