

Getting Checked for Gestational Diabetes



Gestational diabetes (jess-tay-shun-ul die-uh-beet-eez) may occur when you are pregnant. The word gestational means pregnant. Diabetes means the levels of sugar (glucose) in your blood are high. Your body turns many foods into sugar. If you have diabetes, your body has trouble using this sugar.

It is important to know if you have gestational diabetes. Once you know, you can take care of your diabetes and have a healthy baby. Only your health care provider can determine if you have gestational diabetes. To check if you have gestational diabetes, your provider will do two blood tests.

The first test is called a **1-hour oral glucose challenge test** (1-hour OGCT).

- You will drink a sugar drink.
- An hour later, you will have your blood drawn to test your blood sugar.

If your blood sugar is high, your provider will do a second test. This helps the provider to know for sure whether you have gestational diabetes.

The second test is called a **3-hour oral glucose tolerance test** (3-hour OGTT).

- You cannot eat or drink anything but water for at least 8 to 14 hours before the test.
- You will have your blood drawn to test your blood sugar.
- You will drink a sugar drink.
- You will have your blood drawn three more times. This occurs each hour over 3 hours.

There are things you can do to help make sure this second test (3-hour OGTT) is right.

Each of the three days before the test:

- Eat foods you normally eat.
- Eat at least 10 servings of foods each day such as bread, fruit, and milk. Here is an example of 10 servings:

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| ○ 1 cup milk | ○ 1 tortilla |
| ○ 1 slice bread | ○ 1 cup berries |
| ○ 1 dinner roll | ○ 1 small apple/orange |
| ○ 1/3 cup cooked pasta | ○ 1/2 cup corn |
| ○ 1/2 cup black beans | ○ 3 cups popcorn |

8 to 14 hours before the test:

- It is okay to drink water. Do not eat or drink anything else.

During the test:

- Drink the sugar drink in less than 5 minutes.
- Do not smoke.
- Rest. Try not to walk a lot.

Ask your health care provider about the results of the test. If you have gestational diabetes there are things you can do for your health and your baby's health.