ONE-HOUR GLUCOSE LOADING TEST (GLT)

TESTING FOR GESTATIONAL DIABETES

Your doctor recommends that all pregnant women be screened for gestational diabetes. Gestational diabetes is a high blood sugar condition that some women get during pregnancy.

Screening for gestational diabetes is usually done using the one-hour oral glucose loading test.

WHEN SHOULD I GET THE TEST DONE?
Usually, women are screened at 24 to 28 weeks of pregnancy. You may be asked to be screened earlier than 24 weeks if you are at high risk because you:

- Are overweight or obese
- Have a family history of diabetes
- Have a personal history of gestational diabetes
- Have had an unexplained still birth
- Have a baby with macrosomia ("big baby syndrome")

WHEN AND WHERE CAN I GET THE TEST DONE?
When you come to North East Medical Services for the test, go to the lab. You do not need to pick a number. Tell the lab technician that you are there for the one-hour glucose loading test.

- Please check your clinic for lab schedule
- You do not need to fast (you can eat and drink before the test).
- It is important to go to the lab first, even if you have another appointment at NEMS that day.

HOW IS THE TEST DONE?
You will be given a bottle of sugar solution that has 50 grams of glucose (sugar). It will taste very sweet. You must drink all of it within 5 minutes.

One hour later, the lab technician will take a blood sample from your arm to check your blood sugar level.

LAB RESULTS

<table>
<thead>
<tr>
<th>Normal Result</th>
<th>Less than 140 mg/dl</th>
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<tbody>
<tr>
<td>Abnormal Result</td>
<td>Equal to or greater than 140 mg/dl</td>
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An abnormal test result (too high) does not necessarily mean you have gestational diabetes. Please consult with your provider. Your provider might have you come back for a three-hour Glucose Tolerance Test (GTT). The three-hour Glucose Tolerance Test (GTT) needs 8 hours of fasting.