

SCREENING AND TESTING FOR GESTATIONAL DIABETES

What You Need to Know

What is Gestational Diabetes? It is a type of diabetes that develops during pregnancy (gestation) in people who do not already have diabetes. Like other types of diabetes, gestational diabetes affects how your body uses sugar. Gestational diabetes causes high blood sugar that can affect your pregnancy and your baby's health. It usually develops around the 24th week of pregnancy. After your baby is born, your blood sugars should return to normal.

Why screen for Gestational Diabetes? Most of the time, pregnant people may not know they have gestational diabetes. Gestational diabetes may not cause symptoms, so every pregnant person needs to be screened between 24-28 weeks to be sure if they don't have it. Early testing can keep you and your baby healthy. Gestational Diabetes can result in:

- Preeclampsia: dangerously high blood pressure during pregnancy that can be fatal
- Preterm labor: baby is born before 37 weeks gestation
- Increased risk of Cesarean section
- Increased risk of jaundice: high bilirubin in baby's blood requiring treatment
- Polyhydramnios: too much amniotic fluid in the womb that can be fatal
- Large for gestation age baby which can increase the risk of trauma to mother and baby during delivery
- Higher risk of developing Type II Diabetes later in life for both mother and baby

What is a Glucose Screen Test? A Glucose Screen Test or sometimes called "1 hour glucose screening" is a routine part of your pregnancy care around 24-28 weeks. It measures the body's response to sugar (glucose). This is only a screening tool so if your results are abnormal, your provider will order a second test to rule out gestational diabetes. During the test, you'll first drink a sweet liquid that contains 50 grams of glucose (a type of sugar). Then, 1 hour later your blood will be drawn to check how your body handled the glucose. A normal result is a blood sugar of 140 mg/dL or lower.

Preparing for a Glucose Screening Test

You can eat a normal breakfast or lunch on the day of your test. Don't skip meals or eat less than your normal. Ask your health care provider for guidance. Some steps to follow include:

- Limit high sugar foods before the test like candy, donuts, cakes, or cookies.
- Avoid sugary beverages before the test like fruit juice or soda.
- Some breakfast ideas include:
 - Eggs with cheese, vegetables, and a side of toast
 - Breakfast sandwich with meat, cheese, eggs, and vegetables
 - Toast with avocado or peanut butter
 - Plain Greek yogurt with fresh fruit
- Some lunch ideas include:
 - Sandwich with vegetables
 - Cooked meat/seafood, salad or vegetables with rice/beans
 - Cooked meat/seafood, vegetables, pita bread or whole grain bread
 - Hummus, vegetables, fresh fruit
 - Cup of soup/chili, side salad, and piece of whole grain bread or crackers

What is the Glucose Tolerance Test? If your glucose screen test is abnormal then your provider will order the glucose tolerance test. The glucose tolerance test or sometimes called the “3-hour glucose test” is to diagnose gestational diabetes. It measures the body’s response to sugar (glucose). Before and during the test you will get specific instructions from your provider. Be sure to follow the instructions so test results will be reliable.

- Follow a diet for 3 days before your test with at least 150g carbohydrates per day. Do not skip meals or limit your food intake. See example of **3-Day Glucose Tolerance Test Preparation diet below.**

- No food or drinks (fast) except sips of water overnight before the test.
- At the test, your blood will be drawn to measure your fasting blood sugar level.
- Then you will drink the sugar liquid with 100 grams of glucose (type of sugar) and have your blood checked at 1 hour, 2 hours, and 3 hours after.
- Normal blood sugar range is:
 - Fasting: lower than 95mg/dL
 - 1 hour: lower than 180mg/dL
 - 2 hours: lower than 155 mg/dL
 - 3 hours: lower than 140mg/dL
- If your blood sugar is abnormal in at least 2 of the 4 results, your provider will diagnose you with gestational diabetes.

3-Day Glucose Tolerance Test Preparation Diet (>150g carbohydrates)

*(--g) indicates grams of carbohydrates in each item

Meal	Servings of Carbohydrates	Sample Menu
Breakfast (45g)	<i>Pick 3</i> <ul style="list-style-type: none"> ▪ 1 serving fruit or fruit juice ▪ 1 cup breakfast cereal ▪ ½ cup oatmeal ▪ 1 slice bread ▪ ¼ bagel ▪ 1 cup milk 	1 cup breakfast cereal (20g), 1 cup milk (12g), ½ serving of fruit (1/2 banana, ½ cup berries) (7g) - or - ½ cup oatmeal (15g), 1 serving of fruit (1 banana, 1 cup berries) (15g), 1 cup milk (12g) - or - 1 egg omelet (egg, vegetables, cheese, etc.), 2 slices whole wheat bread (30g), 1 cup milk (12g)
Morning Snack (15g)	<i>Pick 1</i> <ul style="list-style-type: none"> ▪ 1oz crackers ▪ 1oz pretzels ▪ 3 cups popcorn ▪ 1 cup milk ▪ 1 serving fruit or fruit juice 	1 serving crackers (15g) with 1oz cheese/1 TBSP peanut butter - or - 1 apple (25g) with 1oz cheese/1 TBSP peanut butter/1oz nuts

Lunch (45g)	<i>Pick 3</i> <ul style="list-style-type: none"> ▪ 1 slice bread/bun ▪ 1 small tortilla ▪ 1/3 cup rice/pasta/grain ▪ 1 serving fruit or fruit juice ▪ 1oz crackers ▪ 1oz pretzels ▪ 1oz chips ▪ 1 cup milk ▪ ½ medium potato 	2 slices whole wheat bread (30g), 2oz deli meat (<i>warmed up</i>), 1oz cheese, 1-2 servings of vegetable toppings (lettuce, tomato, onion, etc.) with 1oz pretzels/1oz tortilla chips/3 cups popcorn (15g)
Afternoon Snack (15g)	<i>Pick 1</i> <ul style="list-style-type: none"> ▪ 1oz crackers ▪ 1oz pretzels ▪ 3 cups popcorn ▪ 1 cup milk ▪ 1 serving fruit or fruit juice 	1 cup yogurt with 1 serving fruit (1 banana, 1 cup berries) (15g) - or - 1oz animal crackers/graham crackers (15g) with 1 TBSP peanut butter
Dinner (45g)	<i>Pick 3</i> <ul style="list-style-type: none"> ▪ 1 slice bread/bun ▪ 1 small tortilla ▪ 1/3 cup rice/pasta/grain ▪ 1 serving fruit or fruit juice ▪ 1oz crackers ▪ 1oz pretzels ▪ 1oz chips ▪ 1 cup milk ▪ ½ medium potato 	3 ounces meat (chicken/beef/pork/fish), 1 cup cooked rice/pasta/grain (usually ½ cup dry) (45g), and 1-2 servings vegetables

24-473, Rev. 11/21/2024