

K a l i s p e l l
OB • GYN
A s s o c i a t e s

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DIABETES IN PREGNANCY

A small but significant number of pregnant women develop diabetes (called gestational diabetes) while they are pregnant. The diabetes develops because the normal body metabolism is altered by the placental hormones during pregnancy. Because these pregnancies have a much higher complication rate for both mothers and infants, it is important to identify the patients with this condition.

A screening test for this is done at approximately 24-28 weeks of pregnancy. You will be asked to drink some sugar water and have a blood test done **exactly** one hour later. If this test is abnormal, an additional test, called a glucose tolerance test, will be ordered. If the glucose tolerance test is abnormal, gestational diabetes is diagnosed. If the diagnosis is made, you will be referred to Montana Perinatal Center for Diabetes Education.

INSTRUCTIONS FOR BLOOD SUGAR TEST

- 1) It tastes better if you **chill the drink** prior to drinking.
- 2) Don't fast, but don't eat anything with excessive amounts of sugar (this would interfere with accurate results).
- 3) ONE HOUR before your appointment, drink the entire bottle (10 oz) over 5 minutes. **Don't eat or drink anything from this point on until after being tested.**
- 4) Arrive 15 minutes PRIOR to your scheduled appointment. Check in with the receptionist **IMMEDIATELY and tell them you're scheduled for a blood sugar test.** Tell them what time you drank the glucola since your blood MUST be drawn SIXTY (60) MINUTES after drinking. If the nurse hasn't checked with you PRIOR to your appointment time, please go back to the front desk and notify the receptionist.
- 5) REMEMBER, your blood must be drawn **exactly** SIXTY (60) MINUTES after drinking.

If you have any questions, please don't hesitate to call us at (406) 752-5252. Thank you.

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Revised 2/13/2020