

GESTATIONAL DIABETES TESTING

At your next OB appointment, (24-28 weeks) you will be given a lab slip order by the front office when you check in to take downstairs to the RRMC outpatient lab, suite 105.

The lab technician will instruct you to drink a specified amount of very sweet glucola drink that may be available in different flavors. When you have finished this drink, we ask that you return to our office and wait for your OB appointment with Dr. Binette. Please let the front desk know when you have returned so they can put your chart up and the nurse can call you in the proper order.

On the day of this appointment, we ask that you not eat or drink anything with sugar in it for at least 3 hours prior to your appointment. This would include fruit or fruit juice, non-diet soda, jam, jelly, gum, coffee creamers, mints, etc. We ask that you look at the ingredients list on the packaging on the foods that you eat. If sugar is not listed in the first 5 ingredients it's usually okay to have. PLEASE DO NOT FAST PRIOR TO THIS TEST, WE DO WANT YOU TO EAT!!

When you are finished seeing Dr. Binette or approximately 55 minutes after drinking the glucola you will need to return to the lab to have your lab drawn. If it gets close to the time to go to the lab and have not finished your appointment in our office, please remind Dr Binette, a nurse or one of the front office girls that you need to go downstairs. The timing of the lab draw is very important as we want to have an accurate reading on your test. If you do end up going downstairs, let them draw your blood and then return to our office to finish your appointment. We will hold your room for you. The lab will also run a Hemoglobin test on this same blood sample to rule out possible anemia.

This appointment may take a little longer than usual, so please make arrangements with work or childcare as needed. We usually receive your lab results within 2 business days. If your tests are normal, we will let you know at your next OB appointment. If however, they are out of normal range our nurse will call you with further instructions.

If you have any questions regarding this test or the instructions, please call us. If you eat non-allowed foods or forget to follow the preparation for the test, we will have you do it on another day. We will let the nurse know when you check in for your appointment. If you are a previously diagnosed diabetic, you may be excused from this test. Please feel free to speak to Dr. Binette or his nurse on this matter.