

GESTATIONAL DIABETES TESTING

At your next OB appointment, (24-28 weeks) you will be given a lab order by the front office when you check in to take downstairs to the RVMC outpatient lab, Suite 105. The lab technician will instruct you to drink a specified amount of a 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 for your OB appointment with Dr. Binette. Please let one of the front office staff know that you have returned from the lab so that your chart may be put up for the nurse to call you back in the proper order.

You may eat up to 3 hours prior to your appointment. We ask that you not eat or drink anything with sugar in it. This would include fruit or fruit juices, non-diet soda, jam, or jelly, gum, coffee creamers, mints, etc. We ask that you look at the ingredients list on the packaging of any foods that you eat. If sugar is not listed in the first 5 ingredients, it is usually fine to have that food.

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 blood drawn. If it gets close to the time you need to go down to the lab and have not yet 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 come back upstairs 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 regularly scheduled OB appointment. If, however, they are out of the 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 a non-allowed food 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 with Dr. Binette or his nurse on this matter.