

ADVANCED OBGYN, P.C.

250 Chateau Drive, Suite 100

Huntsville, AL 35801

Ph:256.881.9997 Fax: 256.880.3838

GESTATIONAL DIABETES SCREEN

It is routine at this time in your pregnancy to screen you for gestational diabetes. You are given the glucose drink to carry home. It is recommended that you refrigerate the glucose drink prior to drinking. You must COMPLETE the ENTIRE BEVERAGE, start to finish, within 5 minutes. You will do this 30 minutes prior to your appointment time. **Your blood will be drawn 1 hour after completing the drink.**

YOU CAN NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT
(this includes gum / candy) **EXCEPT FOR WATER and the GLUCOLA.**

It is important that you arrive within 30 minutes of completing the drink as this is a timed test. Upon signing in, you will need to write the time you finished on the sign-in sheet beside your name.

If 1 hour and 5 minutes pass since you FINISHED YOUR DRINK, and you have NOT had your labs drawn, please NOTIFY A MEMBER OF OUR STAFF IMMEDIATELY!

Example: my appointment is tomorrow morning at 9:00

I will not have anything to eat or drink after midnight tonight. I will take my drink out of the refrigerator at 8:25 a.m., shake it up well, and start drinking it....i will complete it BY 8:30 and note "8:30" in my head. When I arrive to the doctor's office, I will sign in like so ("first name last name 8:30"). I will watch the clock for 9:30, as this is the time I should have my blood drawn. If at 9:35, I have not had my blood drawn, I will tell someone.

**IT IS IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS CAREFULLY TO
LESSEN YOUR RISK OF FALSELY "FAILING" THE TEST. IF YOU HAVE ANY
QUESTIONS, PLEASE CALL OUR OFFICE DURING NORMAL BUSINESS HOURS.**

256-881-9997