



Gestational Diabetes Screening Test

This is a screening test for gestational diabetes, *to determine if you have Diabetes in Pregnancy.* It involves drawing your blood one (1) hour after drinking one of the drinks listed below.

- 11 oz. Unsweetened 100% grape juice
- 13 oz. Cranberry Juice Cocktail
- 15 oz. 100% Orange Juice
- 14 oz. Coke
- 18 oz. Ginger Ale

On the day of your testing

- *Eat normally*

You do not need to fast before this test.

One hour before your NEXT scheduled office appointment

- *Drink the entire bottle in 5 minutes AND do not add ice*
- *Note the time you have finished the drink—your blood **MUST** be drawn one hour after finishing the drink*
- *Do not eat or drink anything (even water) until your blood has been drawn*

Your appointment

- *Arrive at the office 15 minutes BEFORE your scheduled appointment*
- *Tell us what time your blood must be drawn*
- *You may drink water as soon as your blood is drawn*
- *Please do not be late for your appointment, or you will need to repeat the process*

We will contact you with your test results if they are abnormal, otherwise we will discuss them in your next visit.

If you have any questions, please do not hesitate to contact us via email at holisticobgyn@gmail.com.

*****If the blood is not drawn exactly one hour later, the test will be invalid and we will have to repeat it*****