

Gestational Diabetes

Pregnancy hormones can prevent insulin from managing glucose in a woman's blood correctly. Glucose levels may increase in a pregnant woman's blood and predispose her and the baby to risks associated with diabetes. Gestational diabetes (GDM) occurs in about 2-10% of pregnancies. Insulin changes usually begin about half way through a pregnancy. All pregnant women should be screened for GDM between 24-28 weeks of gestation with a one-hour glucose tolerance test.

The one-hour glucola screen will be scheduled at a routine prenatal appointment between 24-28 weeks. Women do not necessarily need to fast for 8 hours before the test but are encouraged to eat smaller, more frequent meals that are lower in carbohydrates and include lean protein the day of the test. Patients are given a flavored drink with a certain amount of sugar to drink within 5 minutes. One hour later, a glucose level is drawn (along with an updated complete blood count and repeat HIV test required by the hospitals in Memphis). If the glucose level is significantly elevated, one may be diagnosed with GDM based on the glucola screen. If the glucose level is high, the patient is encouraged to follow a gestational diabetes diet during the third trimester and to proceed to the 3 hour Glucose Tolerance Test to determine if she has GDM.

Instructions for 3 hour Glucose Tolerance Test:

- 1) Please follow the 2000 calorie/day gestational diabetes diet for 2-3 days prior to your scheduled lab appointment.
- 2) Expect to be in the office for at least 3 hours. It is best to make a morning appointment, as you will need to be fasting (and avoid anything to eat or drink other than water for 8 hours before the test). Try to limit activity for the duration of the test as excessive movement may increase one's blood sugar.
- 3) Bring your order to the appropriate lab. First, your fasting blood sugar will be drawn. Next, you will be asked to drink a certain amount of sugar within 5 minutes. The phlebotomist will check blood glucose levels at one, two and three hour intervals.
- 4) Call the office (901.682.0630) for results if you don't hear from us within one week. We will ask you to return for an appointment to further discuss monitoring glucose levels, diet and managing GDM if necessary.

Helpful Links:

Gestational Diabetes Diet (Ruch Clinic Pregnancy Guide) and Lilly handout
www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001898/ (Pub Med Health)
www.nlm.nih.gov/medlineplus/ency/article/007430.htm (Medline Plus article about diet)
www.acog.org/For_Patients
www.diabetes.org/diabetes-basics/gestational/

Create Your Plate meal plan 50-25-25