GLUCOSE LOADING TEST (GLT)

You will be screened for diabetes in pregnancy via the glucose loading test (GLT). Although all pregnant women are at increased risk for diabetes in pregnancy, the following groups of pregnant women are at especially high risk for gestational diabetes (decreased ability to metabolize sugars during pregnancy):

1) 30 years or older
2) first degree relative (mom, dad, sister, brother, child) with insulin dependent diabetes
3) previous large baby (greater than 9 pound)

The GLT is a simple blood test performed at 28 weeks of gestation. You will be scheduled for the GLT blood test during a routine obstetrical visit. Little preparation is necessary on your part. Please read and follow the directions carefully:

• For three days prior to the test be sure to increase your intake of carbohydrates. Foods rich in carbohydrates include breads, cereals, potatoes, rice, crackers, fruit.

• You do not have to fast or restrict your intake prior to the test.

• ONE HOUR BEFORE YOUR SCHEDULED APPOINTMENT, DRINK 50 GRAMS

☐ 5 OUNCES OR ONE-HALF OF THE KOLADEX (SUGAR) BOTTLE

—or—

☐ 10 OUNCES OR ONE FULL KOLADEX (SUGAR) BOTTLE

Your blood will be drawn at the appropriate time even if the doctor is behind schedule. Please inform the nurse when it is time to have your blood drawn.

• DO NOT EAT OR DRINK ANYTHING (other than plain water) AFTER DRINKING THE GLUCOSE!

• You may throw away the remainder, if any, of the sugar solution.

Bruce G. Bonn, M.D.