

Gestational Diabetes

Screening test

What is gestational diabetes?

Gestational diabetes happens when a pregnant woman has blood sugar levels that are higher than normal. Pregnant women are screened at 24-28 weeks for gestational diabetes. Finding gestational diabetes early can help prevent problems during pregnancy.

Where to take the test

The test can be performed in any Kaiser Permanente medical office or hospital lab. No appointment is necessary. Fasting is not required for this test. The test will take about one hour.

The test

You will be given a glucose drink. Your blood will be drawn one hour later. If your blood sugar is higher than normal, your health care provider will discuss these results with you. At that time, he or she will order a 2-hour glucose tolerance test which is explained below.

2-hour glucose tolerance test

What is the glucose tolerance test?

The glucose tolerance test is given to women who have a higher blood sugar than normal on the OB diabetes screen. It is a more specific test in checking for gestational diabetes.

Where to take the test

The glucose tolerance test can be performed in any Kaiser Permanente medical office or hospital, but it must be scheduled in advance. The test will take about 2 hours to complete and you need to stay on site during the testing period.

The test

You must fast for this test. Don't eat or drink anything except water for 8 hours before coming in for your test. When you arrive at the lab, you will be asked to collect a urine specimen and your blood will be drawn to check for the fasting glucose level. You will then be given a glucose drink and your blood will be drawn 1 and 2 hours later.

Follow-up

Your health care provider will check your test results and follow-up with you as necessary.