

Instructions for One Hour Glucose Test For Diabetic Screening in Pregnancy

What Is the test?

OB patients are screened for their risk of developing gestational diabetes between 26-28 weeks. This is a form of diabetes that sometimes occurs in pregnancy and usually resolves after pregnancy. Gestational Diabetes can result in pregnancy complications, so it is an important part of routine prenatal care. The test involves you getting a glucola drink to take home with you.

How to take the test?

1. On the morning of the test, eat a high protein breakfast. Wait 2 hours before drinking the glucola drink (except for water).
2. Drink the entire contents of the bottle within 5 minutes
3. Note the time you finish the contents of the bottle and advise the receptionist when you check in.
4. Exactly one hour after you finish the contents of the bottle, our Lab will draw your blood, so please get into the lab 15 minutes early to ensure this is done on time.
5. Be sure not to eat, drink, smoke, or exercise between the time you drink the glucose and the time we draw your blood.

***If your blood type is RH Negative, to avoid having two blood draws near each other, you can do your glucose test at the same time you do your antibody screen test (which includes your Rhogam injection). We do not do Rhogam testing and injections at our office - you must have them done at your delivering hospital. The lab slip is on the back of this form for your test (make sure your provider fills it out).**

Instructions for the 3-Hour Glucose Test

What is it?

If your one hour glucose test result is greater than 135, you will need to have a 3 hour glucose test performed in order to determine a diagnosis of Gestational Diabetes. This test involves 4 blood draws over a 3 hour period of time.

How to take the test

You must be fasting (no food or drink other than water) for between 8-14 hours before you report to the lab. Your blood will be drawn and a glucola drink will then be given to you. You must remain in the lab for the remaining hourly blood draws and we ask that you not bring children as it will be important for you to remain calm for the test to be effective.

Where do I go for the test?

Now that we are a part of Central Utah Clinic, we ask all patients to go to the lab in our building for their test. Please be at the lab between 8:15 and 9:30 a.m. in order to allow for adequate time for testing to be done.

What if the test results are abnormal?

There will be a total of 4 glucose results from this test. An elevated level of 2 or more of these will result in the diagnosis of Gestational Diabetes. You will be referred to a diabetic counselor to discuss how to best control your blood sugars during pregnancy for a healthy outcome. Your provider will also discuss these results with you in more detail.

Patient	MRN#	DOB	Date
Blood		Cultures	
<input type="checkbox"/> Glucose 1 hour <input type="checkbox"/> Glucose 2 hour <input type="checkbox"/> Glucose 3 hour	<input type="checkbox"/> HCT	<input type="checkbox"/> <u>Other</u> <input type="checkbox"/> <u>Other</u> <input type="checkbox"/> <u>Other</u> <input type="checkbox"/> <u>Other</u> <input type="checkbox"/> <u>Other</u> <input type="checkbox"/> <u>Other</u>	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0; text-align: center;">OTHER (TO HOSPITAL)</div> <input type="checkbox"/> ANTIBODY SCREEN <input type="checkbox"/> RHOGAM INJ. IF INDICATED AFH lab fax 855-4440 TRH lab fax 714-6055
<p>Amenorrhea Panel: TSH, LH, FSH, Prolactin FSH Arthritis Panel: ANA, Rheumatoid Factor, Uric Acid, CPR, ESR Basic Metabolic Panel 8: CO2, Glucose, Cl, Creatinine, CLU, K+, NA, BUN, Calcium Complete Metabolic Panel 14: ALB, Bili Total, Ca, Cl, Creatinine, GLU, Alk Phosphate, K+, Protein Total, Na, ALT, AST, BUN, CO2 Initial Fasting Hormone Panel: CBC w/Diff, Basic Met. Panel w/ Lipid Panel, Estradiol 2, Progesterone, DHEA Sulfate, Free & Total Testosterone, Free T3, Free T4, TSH Thyroid Panel: TSH, Total Free T-3, Free T-4, ATGA, TPO Electrolytes Panel: CO2, Cl K+, Na Liver Function Panel 7: Alb, Bili Total & Direct Alk/Phos, AST, Alt, Protein</p>		<p>PIH Panel-Serum: CBC, AST, LDH, BUN, Uric Acid, Creatinine PIH Panel-Serum/Urine: CBC, AST, ALT, LDH, Uric Acid, BUN, Creatinine, 24 hr.Urine & Creatinine, Protein-Total, 24 hr. Urine STD Panel: Hep B, Hep C, RPR, HIV Thrombophilia Panel: Basic: Factor V Leiden, Lupus Anticoagulant, Anticardiolipin AB, Anti-thrombin III, Antiphospholipid, Protein S & Protein C Comprehensive adds the following: Prothrombin gene, MTHFT, Fasting Homocystein, Antiphosphatidylserine, Antibody Hepatitis Panel: Hep A Antibody IGG/ IGM, Hep B Surface Antigen, Hep B Core Antibody IGG/ IGM, Hep C Virus Antibody VonWillebrands Panel: Factor VIII, Factor Activity, Factor Antigen</p>	
SYMPTOMS OR DIAGNOSES			
<input type="checkbox"/> Abnormal Blood Chem 790.6 <input type="checkbox"/> Abdominal Pain 789.00 <input type="checkbox"/> Abnormal Pap 795.00 <input type="checkbox"/> Alopecia 704.00 <input type="checkbox"/> Amenorrhea 626.0 <input type="checkbox"/> Anemia 280.9 <input type="checkbox"/> Anovulation 628.0 <input type="checkbox"/> Cervical Screen-MCR V76.2 <input type="checkbox"/> Diarrhea 787.91 <input type="checkbox"/> Diabetes Met. 250.00 <input type="checkbox"/> Drug Therapy V72.85 <input type="checkbox"/> DUB 626.8 <input type="checkbox"/> Dysplasia 622.10 <input type="checkbox"/> Dysuria 788.1	<input type="checkbox"/> Fatigue 780.79 <input type="checkbox"/> Fetal Lung Maturity 770.4 <input type="checkbox"/> Fever 780.6 <input type="checkbox"/> Fifth's Exposure 057.0 <input type="checkbox"/> Goiter 240.0 <input type="checkbox"/> Hirsutism 704.1 <input type="checkbox"/> Hypercholesterolemia 272.0 <input type="checkbox"/> Hypothyroidism 244.9 <input type="checkbox"/> Infertility 628.9 <input type="checkbox"/> Insufficient cells 795.08 <input type="checkbox"/> Male ABO/RH V82.9 <input type="checkbox"/> OB V28.89 <input type="checkbox"/> OB (Medicaid) V22.1	<input type="checkbox"/> PAP & Physical V72.31 <input type="checkbox"/> PCOD 256.4 <input type="checkbox"/> Pelvic Pain 625.9 <input type="checkbox"/> Post-Menop.Bleed. 627.1 <input type="checkbox"/> Post-Partum V24.2 <input type="checkbox"/> Pre-eclampsia 642.40 <input type="checkbox"/> Pre-term labor 644.00 <input type="checkbox"/> RX therapy-high risk V58.69 <input type="checkbox"/> STD Exposure V01.6 <input type="checkbox"/> Suspicious Mole 238.2 <input type="checkbox"/> Threatened AB 640.83 <input type="checkbox"/> Unconfirmd Pregnancy V72.40 <input type="checkbox"/> UTI 599.0	<input type="checkbox"/> Vaginal Discharge 623.5 <input type="checkbox"/> Vaginitis 616.10 <input type="checkbox"/> Vulvitis 616.10 <input type="checkbox"/> Vulvovaginitis 616.10 <input type="checkbox"/> Weight Loss 783.21 <input type="checkbox"/> Weight Gain 783.1 <input type="checkbox"/> Other <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
REQUESTING PROVIDER			
<input type="checkbox"/> E. William Parker, MD <input type="checkbox"/> Douglas A. Allen, DO <input type="checkbox"/> David B. Young, DO <input type="checkbox"/> Ekaete Udodong, NP	<input type="checkbox"/> Claudia Killebrew, CNM <input type="checkbox"/> Kathryn H. Seamons, CNM <input type="checkbox"/> Jennifer Walker, CNM	<input type="checkbox"/> Erica Nelson, CNM <input type="checkbox"/> Jennifer Krebs, CNM <input type="checkbox"/> Jennifer Wright-Bennion, CNM	