

## Instructions for Lab Work

RH Positive Patients -- To be done at 24 -28 weeks

RH Negative Patients -- To be done at 24 - 28 weeks

Full Glucose Tolerance

Gestational Diabetic Patients

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**INSTRUCTIONS FOR LAB WORK TO BE DONE AT 24-28 WEEKS RH POSITIVE PATIENTS**

-- Reference Lab

**HEMATOCRIT** - checks for anemia.

**MODIFIED GLUCOSE TOLERANCE TEST** - screening for gestational diabetes. You will be in the lab for 1 hour. You must sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

1. Some insurances require that this testing be done at a reference lab. Laboratory locations are attached.
2. **REMEMBER TO TAKE YOUR LABORATORY REQUEST FORM WITH YOU!!**
3. **MODIFIED GLUCOSE TOLERANCE TEST** - you will be given a measured amount of glucose cola to drink. This drink should be consumed within a **5 minute** time span. **One** hour after beginning the glucose drink, your blood sugar will be checked. The results will be sent to our office. A nurse will contact you if your blood sugar is **GREATER** than 140 with instructions for a Full Glucose Tolerance. You will be given a

**INSTRUCTIONS FOR LAB WORK TO BE DONE AT 24-28 WEEKS RH POSITIVE PATIENTS**

**HEMATOCRIT** - checks for anemia.

**MODIFIED GLUCOSE TOLERANCE TEST** - screening for gestational diabetes. You will be in the office for at least 1 hour. You must sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

1. Make appointment before 2:30 p.m.
2. **MODIFIED GLUCOSE TOLERANCE TEST** - you will be given a measured amount of glucose cola to drink. This drink should be consumed within a **5 minute** time span. **One hour** after beginning the glucose drink your blood sugar will be checked by finger stick method. If your blood sugar is **GREATER** than **140** you will be given a 2000 calorie diabetic diet to follow for 3 days. You must return for a Full Glucose Tolerance Test.

2000 calorie diabetic diet to follow for 3 days. You must then return for the Full Glucose Tolerance Test.

**INSTRUCTIONS FOR LAB WORK TO BE DONE AT 28 WEEKS RH NEGATIVE PATIENTS**

**-- Reference Lab**

**HEMATOCRIT** - checks for anemia.

**MODIFIED GLUCOSE TOLERANCE TEST** - screening for gestational diabetes. You will be in the lab for 1 hour. You must sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

**ANTIBODY SCREEN** - to determine Rhogam eligibility for RH negative patients.

1. Your insurance requires that this testing be done at a reference lab. Laboratory locations are attached.
2. **MODIFIED GLUCOSE TOLERANCE TEST** - you will be given a measured amount of glucose cola to drink. This drink should be consumed within a **5 minute** time span. **One hour** after beginning the glucose drink, your blood sugar will be checked. The results will be sent to our office.
3. **ANTIBODY SCREEN** - blood will be drawn from your arm and results will be sent to our office. You should then plan to return to our office **2 days** later for your Rhogam injection. Therefore, you should have this screen drawn on Monday, Tuesday, or Wednesday.
4. If your blood sugar level is **GREATER** than 140, you will be contacted by a nurse with instructions for a Full Glucose Tolerance Test. You will be given a 2000 calorie diabetic diet to follow for 3 days. You must then return for the Full Glucose Tolerance Test.

**\*\*\*\*\*REMEMBER TO TAKE YOUR LABORATORY REQUEST FORM WITH YOU.**

**INSTRUCTIONS FOR LAB WORK TO BE DONE AT 28 WEEKS RH NEGATIVE PATIENTS**

**HEMATOCRIT** - checks for anemia. Done by fingerstick method.

**MODIFIED GLUCOSE TOLERANCE TEST** - screening for gestational diabetes. You will be in the office for at least 1 hour. You must sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

**ANTIBODY SCREEN** - to determine Rhogam eligibility for Rh negative patients.

1. Make an appointment before 2:30 p.m.
2. **MODIFIED GLUCOSE TOLERANCE TEST** - you will be given a measured amount of glucose cola to drink. This drink should be consumed within a **5 minute** time span. **One hour** after beginning the glucose drink, your blood sugar will be checked by finger stick method. If your blood sugar is **GREATER** than **140** you will be given a 2000 calorie diabetic diet to follow for 3 days. You must then return for a Full Glucose Tolerance Test.
3. **ANTIBODY SCREEN** - blood will be drawn from your arm and sent out to a reference lab. You must return **2 days** later for your Rhogam injection. Therefore, you should have this screen drawn on Monday, Tuesday, or Wednesday.

## **INSTRUCTIONS FOR FULL GLUCOSE TOLERANCE TEST**

### **-- Reference Lab**

**FULL GLUCOSE TOLERANCE TEST** - definitive screening for gestational diabetes. You will be at the lab for at least 3 hours. You must sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

1. Call the laboratory location where you plan to go and schedule an appointment.
2. Follow 2000 calorie diabetic diet for 3 days prior to testing.
3. Do not eat or drink anything (except water) after 9:00 p.m. the night before testing.
4. Upon Admission to the lab, a Fasting blood sugar will be checked. You will then be given a measured amount of glucose cola to drink. This drink should be consumed within a **5 minute** time span. From the time you began drinking the cola, your blood sugar will be checked at 1 hour, 2 hours, and 3 hour intervals.
5. Call the office where your chart is located in one week if you have not already been contacted by a nurse.

**\*\*\*REMEMBER TO TAKE YOUR LABORATORY REQUEST FORM WITH YOU!**

## **INSTRUCTIONS FOR FULL GLUCOSE TOLERANCE TEST**

**FULL GLUCOSE TOLERANCE TEST** - definitive screening for gestational diabetes. You will be in the office for at least 3 hours. You must sit quietly for the duration of the test because excessive movement may cause blood sugar to elevate.

1. Follow 2000 calorie diabetic diet for 3 days prior to testing.
2. Make a morning appointment.
3. Do not eat or drink anything (except water) after 9:00 p.m. the night before testing.
4. Upon admission to the lab, a Fasting blood sugar will be checked by finger stick method. You will then be given a measured amount of glucose cola to drink. This drink should be consumed within a **5 minute** time span. From the time you began drinking the cola, your blood sugar will be checked at 1 hour, 2 hour, and 3 hour intervals.

## **INSTRUCTIONS FOR GESTATIONAL DIABETIC PATIENTS**

1. Continue to follow the diet plan given to you prior to the Full GTT. You will need to stay on this diet for the duration of your pregnancy.
2. At each prenatal visit a 2 hour Post-parandial blood sugar will be performed. Please follow these guidelines:
  - o Eat your regular meal 2 hours prior to your scheduled prenatal visit.
  - o Please try to arrive for your appointment 15 minutes early and tell the receptionist when the test is due.
  - o When the nurse calls you back, tell her when the blood sugar is due.
  - o If it is time for the blood sugar and you have not been called to the lab, let the receptionist know and she will tell the nurse.
3. A full Glucose Tolerance Test should be done at the 6 weeks post partum checkup.
  - o Schedule your post partum appointment with the appointment desk and the Full GTT with the lab personnel.
  - o Make a morning appointment.

- You may have an unrestricted diet after delivery.
- Do not eat or drink anything after 9:00 p.m. the night before testing.
- You will be in the office for 3 hours.

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