

Gestational Diabetes

Testing Your Blood Sugar After Your Baby Is Born

During your pregnancy you were diagnosed with Gestational Diabetes. Although this condition typically resolves after pregnancy, some women continue to have elevated blood sugars that need further attention. You will need to have your blood sugar tested again after your baby is born to make sure you are not developing Type 2 Diabetes. If your results have returned to normal, then periodic testing every 1 to 3 years will be recommended.

Instructions:

1. Please schedule your blood test for approximately 6 weeks after the delivery of your baby.
2. You will need to be “fasting” for this test. Do not eat or drink anything, except for plain water, for at least 8 to 12 hours prior the start of your test. You should stay well hydrated so drinking water is encouraged. You may find it easier to schedule your appointment during the morning hours so that you can resume your normal diet as soon as the test is finished .
3. You will have a total of two blood samples drawn. The first will be done “fasting” upon your arrival, the second will be done 2 hours after drinking a flavored sugary beverage.
4. The test may take up to 2 ½ hours to complete. Please consider bringing something to read or a project to work on as you will need to remain within the clinic during the entire test. We now have wireless internet available if you wish to bring electronics with you.
5. You may drink plain water while you wait during the testing process so feel free to bring along your own bottle of water. Do not drink any other beverages, including diet or sugar free drinks.
6. If you do not feel well during the testing process, please notify staff and request a private room to rest in. Once the final blood test is drawn you may resume normal eating and drinking. We expect you will be very hungry at this point and suggest bringing a light snack along (crackers, cheese, granola bar) so that you will have something to eat before leaving the clinic and driving a car.

This test needs to be scheduled in advance with our clinic lab. It is done between 6 and 12 weeks after the delivery of your baby. If desired, this could be scheduled on the same day as your postpartum visit with your physician. Please call your nurse at Associated Physicians for assistance with scheduling this follow-up test. Our clinic phone number is (608) 233-9746.

Normal Results:

- Your fasting blood sugar should be less than 100 mg/dl
- Two hours after drinking the beverage your blood sugar should be less than 140 mg/dl

Your test is scheduled on: _____