



The Northwestern Specialists
For Women

900 N Kingsbury Road, Ste 130N, Chicago IL, 60610. phone: 312-775-1100

GLUCOSE CHALLENGE TEST (Done between 24-28 weeks)

This test is done to screen for gestational diabetes. Gestational diabetes occurs when your body has an exaggerated response to the placental hormones that normally cause a mild insulin resistance in your body so that your baby receives enough glucose to grow and develop. We worry about gestational diabetes because it may predispose your baby to birth trauma, larger birth weights, preeclampsia, as well as other complications. While certain risk factors, such as family history, obesity, PCOS, and being of Hispanic or South Asian descent may increase your risk of having gestational diabetes, every pregnant woman is at risk, and is therefore tested.

Instructions:

1. Fasting for this screening is not necessary, *but after drinking the solution you must not eat or drink anything until having your blood drawn one hour later.*
2. Drink the entire bottle of glucose solution within a ten-minute time period. We recommend that you keep the solution in the refrigerator—it tastes best cold.
3. Write down the time you finish the solution.
4. We will draw your blood one hour after finishing the solution. If you are late to your 1 hour GTT appointment time, you will need to drink the glucose again and be drawn again. (Please allow extra time for travel.)
5. When you arrive for your appointment, please inform the receptionist the time you finished the solution.

If you have an abnormal test result, this does not mean that you have diabetes. You will need more precise testing. We will contact you if you do need to have more testing done.

TIME BEGAN DRINKING GLUCOSE: _____

TIME COMPLETED DRINKING GLUCOSE: _____

In order to ensure your 1-hour Glucose Challenge Test is drawn on time, you must be here 15 minutes prior to your blood being drawn.