

## Gestational Diabetes Testing Information and Waiver

Gestational diabetes occurs when a woman develops abnormally high blood sugar levels during her pregnancy. In the U.S., about 4% of pregnant women will develop gestational diabetes. Most of the time, the diabetic symptoms disappear after the baby is born. Approximately 50% of women who are diagnosed as having gestational diabetes go on to develop Type 2 diabetes later in life.

### Who is at risk for developing gestational diabetes?

The American Diabetes Association recommends testing for gestational diabetes if:

- You are 25 years of age or older
- You are a large-bodied woman
- You have family history of diabetes in first-degree relatives (your parents or siblings)
- You have had an unexplained stillborn baby
- You have a prior history of gestational diabetes
- You belong to an ethnic/racial group with a higher prevalence of diabetes (e.g., Hispanic-American, Native American, Asian-American, African-American, or Pacific Islander)
- You are a smoker

In my practice, I find that women who eat healthy diets and exercise regularly have a lower chance of developing gestational diabetes. However, I may recommend testing if you have the following symptoms:

- Recurring yeast infections or urinary tract infections or glucose in the urine
- Previous large baby or your belly is measuring bigger than expected with this pregnancy
- Fruity smelling breath
- History of diabetes, infertility, multiple miscarriages or unexplained stillbirth

### How do you test for gestational diabetes?

The standard of care is to offer gestational diabetes screening to women who are 26-28 weeks pregnant. There are several testing options, all of which involve having your blood drawn. If you are interested in gestational diabetes testing, I will discuss these options with you.

### How does gestational diabetes affect pregnancy and birth?

If gestational diabetes is detected, it can usually be treated through exercise and diet modification. If you test positive for gestational diabetes, I will give you additional nutritional counseling and teach you how to monitor your blood sugar so that you have the best chance of having a healthy pregnancy.

If gestational diabetes is not detected or is uncontrolled, it can cause some problems for mother and baby. The most common problem is a large birth weight baby, which may cause a more difficult birth including possible trauma to the baby or a C-section. Sometimes babies born to diabetic mothers also have trouble regulating their blood sugar at birth. Uncontrolled gestational diabetes can also cause a greater chance of developing pre-eclampsia, a greater risk of stillbirth and an increased chance of having a postpartum hemorrhage.

**INFORMED CHOICE STATEMENT:** I have read the above, had a chance to do further research and have had my questions answered to my satisfaction. I choose the following:

\_\_\_ Yes, I desire to have glucose screening and/or diagnostic testing.

I would like to do the conventional medical testing that involves my drinking a beverage containing 50 grams of glucose (sugar).

I prefer to test my glucose tolerance by using the Breakfast Tolerance Test option provided by my midwife.

\_\_\_ No, I do not desire glucose screening or diagnostic testing. I understand that I may change my mind at any point, especially if other medical findings indicate that information gathered about blood sugar levels would be helpful in assessing my health or the health of my baby.

\_\_\_\_\_  
Signature (mother)

\_\_\_\_\_  
Date