

## Screening Tests for Gestational Diabetes

### Glucose challenge test

If you choose to be screened for gestational diabetes, you may have one of several different tests. The most commonly used screening test involves drinking 50 grams of glucose in the form of a sweet drink called “glucola”, followed by having your blood drawn and tested for glucose exactly one hour later. Rather than performing this test using this artificial non-food, I offer a homemade lemonade option instead, and have you test your own blood at home with a glucometer.

Please fast for 8 hours before the test.

### 50-gram fasting glucose test

*Recipe:*

*4 tablespoons + ½ teaspoon of organic cane sugar*

*1 cup of water*

*Juice of 2-3 lemons/limes (or both?)*

Instructions:

1. Don't eat for 8 hours (overnight).
2. First thing before you eat anything, test your blood. Record the number.
3. Drink the whole amount in a short time, and note the time you finish.
4. Don't eat or drink anything except plain water. Don't exercise or go for a walk.
5. One hour after you drank the lemonade, test your blood and record the number.
6. If you are feeling unwell or very hungry, eat a normal breakfast at this time; there is no need to test any further. If you think you can wait one more hour, do so and repeat the finger poke/blood test one more time. Then eat!

Gestational Diabetes is indicated if any of the following results are reached:

*Fasting:  $\geq 92$  mg/dL*

*1 h:  $\geq 140$  mg/dL*

*2H:  $\geq 120$  mg/dL*

If you have a positive result on this test, I may refer you back to your doctor, or a doctor I recommend, for evaluation and dietary counseling, or I may guide you in making dietary and lifestyle changes in order to decrease your blood glucose levels. It is very important to maintain normal levels of glucose in your blood for both you and your baby's well-being.



## Home Monitoring:

Home monitoring of your blood glucose levels may assist you in making dietary modifications, helping you maintain appropriate glucose levels in your blood. This involves use of a home glucometer.

1. Follow recommended dietary modifications, increase exercise as prescribed, and make any other appropriate lifestyle changes as discussed.
2. Use a home glucometer to measure capillary blood values. Follow instructions on the device.
3. Test 4 samples per day, as follows, and record on the attached chart:
  - a. 1<sup>st</sup> sample is tested first thing in the morning before eating or drinking anything except water.
  - b. 2<sup>nd</sup> sample is drawn 2 hrs after breakfast, before eating a morning snack.
  - c. 3<sup>rd</sup> sample is drawn 2 hrs after lunch, before eating an afternoon snack.
  - d. 4<sup>th</sup> sample is drawn 2 hours after dinner, before eating a bedtime snack.
4. Call me if any of your values are greater than the range specified on the chart, and always bring your chart with you to your prenatal appts.

## Glycemic Control in Pregnancy

If you have a positive result on the Glucose Tolerance Test, I will guide you in making dietary and lifestyle modification in order to decrease your blood glucose levels. It is very important to maintain normal levels of glucose in your blood for both you and your baby's well-being. What follows are some general guidelines to help you maintain normal blood glucose levels.

**Dietary Modification:** The following recommendations can help you get off to a good start.

1. Eliminate all refined sugars from your diet, including sweetened drinks, maple syrup, fructose, honey, agave nectar.
2. Become familiar with the Glycemic Index.
3. Decrease fruit intake: no fruit juice, processed fruit or dried fruit. Only occasional fresh fruit.
4. Focus on eating whole grains. Eliminate simple starchy carbohydrates such as bread, rice, pasta, white potatoes, and all products made from white flour, such as crackers, bagels, buns, tortillas. Only 2 servings of whole grain starches per day are recommended, such as 100% whole grain bread or tortillas, brown rice (1/2 c only), whole grain pasta (1 cup only). You may have 1 medium-size white potato per week, but only if you eat the skin with it. No fried potatoes.
5. Decrease fats in your diet. Fat lowers the body's ability to move sugars out of the blood stream.
6. Increase protein in your diet. Try to have a low-fat protein with each meal and snack.
7. Increase legumes in your diet to 4x per week. These include lentils, pinto/black/kidney beans, etc. These foods help to moderate your metabolism of sugars.
8. Take a GTF Chromium supplement, 50 mcg, twice per day, with breakfast and dinner.

**Exercise:** Exercise increases your metabolism, especially upper-body exercise. Engage in 30 minutes of moderate aerobic exercise/exertion per day. Swimming or brisk walks while swinging your arms are excellent low-impact aerobic forms of exercise.

**Home Monitoring:** Monitoring of your blood glucose levels will assist you in making dietary modifications by making you aware of how the foods you eat affect your glucose levels. Some insurance plans will cover the cost of a home glucometer and test strips, so you should inquire about this. Otherwise, I will assist you in obtaining a good monitor for your home use.

**Monitor urine for ketones:** When you rise in the morning, collect your urine and test it for ketones using test strips. Call me if you find ketones in your urine.

**Follow-up testing:** Some or all of the following tests may be recommended: Ultrasound scan, Hemoglobin A1C blood test, Home monitoring/lab correlation test.

As always, if you have questions, call me!

