



## GESTATIONAL DIABETES SCREENING TEST

- Schedule your test appointment for first thing in the morning.
- The night before the test, do not eat after midnight.
- For breakfast, you may eat foods with only protein (i.e. meat, eggs, some cheeses) - no sugar and no carbohydrate foods (milk, fruit, bread, etc.). You may drink all the water you desire.
- After breakfast, drink 50 grams of sugar within a ten minute time period (see below for more info), finishing 45 minutes before your scheduled prenatal visit.
- Your blood will be drawn 60 minutes after finishing your drink. Plan a snack or meal for right after your blood is drawn.

The easiest and least stressful way to get 50 grams of sugar is to drink fruit juice. The drink you choose should have no more than a 2 gram difference between the total sugar content and total carbohydrates listed on the nutritional label. You should also pay attention to the serving size listed on the nutritional label so you can correctly calculate the amount of juice you should drink in order to get the 50 grams.

### Examples:

- Total Carbohydrates per serving: 50 gm, Total Sugar: 48 gm = GOOD
- Total Carbohydrates per serving: 52 gm, Total Sugar: 50 gm = GOOD
- Total Carbohydrates per serving: 50 gm, Total Sugar: 42 gm = NOT ACCEPTABLE
- 30 gm carbohydrates in an 8 oz serving: you will need to drink 13 ½ oz of juice to get all 50 gm