



Weill Cornell Medical College

┌ New York-Presbyterian Hospital  
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# Department of Obstetrics and Gynecology

## SCREENING FOR DIABETES IN PREGNANCY

# Diabetes in Pregnancy

Diabetes is a disorder resulting from the body's inability to produce or utilize insulin. Insulin is a hormone that converts glucose in food into energy. This condition can develop during pregnancy as a result of the hormones produced by the placenta. The Glucose Challenge Test and the Glucose Tolerance Test are used to help determine a patient's risk of developing diabetes.

## 1 Hour Glucose Challenge Test (GCT)

The 1 hour glucose challenge test (GCT) is a screening test that measures a patient's blood sugar level. This test does not diagnose whether or not the patient has diabetes, but it does indicate if she is at higher risk for developing this condition.

In a routine pregnancy between 24 to 28 weeks, a patient will be asked to drink a 50 gram sugar solution. Fasting is not required prior to the administration of this test. One hour after drinking the solution, a blood sample, will be obtained and sent to the laboratory for testing.

If the patient has an elevated level of glucose, a 3 hour Glucose Tolerance Test will be required to confirm or rule out the diagnosis of diabetes.

## 3 Hour Glucose Tolerance Test (GTT)

It is recommended that the Glucose Tolerance Test (GTT) occur in the morning. The patient must fast at least 8 hours before this test is administered. A fasting blood sugar test is drawn and then the patient is given a 100 gram glucose solution to drink. A blood sample is taken every hour for three hours and only sips of water are permitted during this time. Results of this test are available and reviewed by the clinician within 48-72 hours. At that time, the patient will be counseled regarding her plan of care, which can include special dietary restrictions, exercises and/or medication.

## Procedure for Patients

- Our hours for drawing blood are 8:30am until 3:00pm.
- Please register with the front desk, and inform the receptionist which test you are here for.
- The front desk staff will notify the clinical technician.
- The clinical technician will greet you and escort you to the clinical area where the test will occur.