

## Screen for Diabetes in Pregnancy

1 hour Screen Test – following 50g glucose load

### About your Test

- Your health professional has requested this test as a routine screen for diabetes in pregnancy.
- You do not need to make an appointment for this test.
- You are not required to fast before your test.
- For your test it is preferable for you to remain at the collection centre for just over 1 hour. During this time you will be required to rest. You may like to bring a book to read.
- You must not eat during the test as this will invalidate the results, but you may drink water.
- You must not smoke during the period of your test as this may invalidate the results.

### Test Procedure

1. When you arrive at the collection centre you will be given a drink containing 50gm glucose. You will be asked to drink this within 3-5 minutes.
2. Please tell the nurse if you feel unwell at any time during your test.
3. A blood sample will be collected 1 hour after you finish the glucose drink.
4. This completes the test and you may eat and drink normally.