

**PHYSICIANS FOR WOMEN OF GREENSBORO**  
**GESTATIONAL DIABETES TESTING**

All pregnant women are encouraged to be tested for gestational diabetes. This involves a screening for glucose or sugar tolerance between 24 and 28 weeks pregnant. The purpose of the test is to detect if a patient has elevated blood sugar levels during pregnancy.

This test can be done at any point during the day without regard for the timing of your last meal. Foods you are allowed to eat the day of the test are fish, poultry, lean beef, cheese, beans, peas, peanuts, tofu, eggs, and water. You should avoid fruits, juices, milk, cereal, jelly/jam, peanut butter, bread, potatoes, pasta; foods with sugar or carbohydrates.

When you arrive the day of the test, you will be taken to the lab to drink a glucola drink. The test is time sensitive and blood work will be drawn one hour from the time you completed the drink. Please plan on being in the office for at least one hour or more.