



Women's Associates, P.C.

1015 E. Pikes Peak Ave., Ste. 100 • Colorado Springs, CO 80903
(719) 473-2424 • Fax (719) 227-1475

ONE HOUR GLUCOSE CHALLENGE

The hormones your body produces during pregnancy can cause many changes, some more subtle than others. For some time, it has been known that pregnancy alters the way a woman's body handles sugar, also known as glucose. Some women even become diabetic during pregnancy.

There are some clues as to which women are more likely to fall into this category: Older women, those with a strong family history or diabetes, and women who naturally carry more weight than others. Sometimes the only clue that women has problems with glucose during pregnancy' comes too late-with the birth of a baby too large for the birth canal. This can lead to problems with delivery and an increased chance of cesarean section. These babies also have problems adjusting their own metabolism once born.

To anticipate and better deal with these problems, it is generally recommended that all pregnant women be screened during pregnancy for glucose intolerance. The test involves checking the blood sugar level one hour after a pre-measured amount of glucose is ingested. If the blood sugar value in this screening test is greater than or equal to 140, further testing is advised.

For accurate test results, careful consideration must be given to the following instructions:

1. YOU MUST WAIT TWO HOURS AFTER EATING to do this test. You can eat a light breakfast or lunch ie; cereal, toast, muffin etc. Then you must have NOTHING to eat or drink for two hours. This includes NO water, gum, or candy. These times of course, may be adjusted to meet individual needs.
2. Arrive at your laboratory at the end of your two hour fasting. (You do not need to schedule an appointment for this.)
3. They will give you glucola to drink. You must wait there for one hour, then your blood will be drawn.
4. If your results are normal, the doctor will discuss the findings with you at your next scheduled office visit. If your glucose results are abnormal, you will receive a phone call from our office regarding further instructions for additional testing.

One final note: Most women with "gestational diabetes" are no longer diabetic after delivery, although they retain a life-long tendency to develop the disease. It's an important part of your health history, and something you should report to other doctors treating you in the future.