



Testing for Gestational Diabetes

Screening for diabetes in pregnancy is a standard test offered in all pregnancies to help detect early insulin resistance in pregnancy. The role of insulin in our body is to lower blood sugar levels after eating, and keep it within a healthy range. Insulin resistance means that your body is less sensitive to its own insulin, leading to high blood sugar levels. This can interfere with your child's growth and development during the pregnancy. Often, high sugar levels throughout a pregnancy will mean your baby grows too big, and this can complicate the birth for both you and your baby. Occasionally, it can cause the placenta to not work as well, and your baby can be too small.

Between 24-28 weeks you will be offered a one-hour glucose challenge test (GCT). This routine test will identify your risk of developing diabetes in the pregnancy. You will be given an orange drink containing 50 grams of oral glucose (sugar). An hour later, they will draw your blood. You do not need to be fasting for this test. Results will be available to your care provider within a week.

If results are high, you will be offered a two-hour glucose tolerance test (GTT). You will need to fast at least 8 hours prior to the test. They will draw your blood fasting, then give you a drink containing 75 grams of glucose. They will then draw your blood at one hour and two hours after your drink. These three values will help to confirm whether or not you have gestational diabetes.

If there is a high risk of gestational diabetes based on risk factors, screening may be offered during the first half of the pregnancy and repeated at 24-28 weeks gestation if initially normal.