

Complications of Gestational Diabetes Can Include:

- Having a large baby (weighing more than 9 lbs or 4.1 kg), which can increase the risk of injury to the mother or baby during delivery and increase the chance of needing a cesarean section.
- Stillbirth (a baby who dies before being born), a complication which fortunately is now rare in women with gestational diabetes because of good control of blood sugars and careful monitoring of mothers and babies during pregnancy.
- Neonatal hypoglycemia (low blood sugar in the newborn period).
- Preeclampsia

Gestational Diabetes and Pregnancy: For tips to prevent and control gestational diabetes follow the link: <https://www.cdc.gov/pregnancy/diabetes-gestational.html>

3 Hour Oral Glucose Tolerance Test (GTT)

This test has been ordered because the initial screening/test for diabetes was abnormal.

The three-hour glucose tolerance test will tell us if you have gestational (pregnancy) diabetes. You may want to bring a book or craftwork to help pass the time.

GTT instructions:

1. Do not eat or drink anything but water after dinner the night before the test.
2. Report to the test lab. at 8a.m. on _____.
3. You will have a fasting blood sugar drawn first, then you will drink a glucose solution drink that contains 75 grams of glucose. This is usually in the form of a specially formulated orange or cola drink.
4. Blood tests will be done 1 hour, 2 hours, and 3 hours after you drink the sugar solution. (Sometimes only two blood tests are needed to diagnose diabetes.)
5. You will not be able to eat, drink or smoke, during the test, although you may sip small amounts of water if needed.
6. You should not exert yourself between blood draw times.
7. You may leave after the test is completed. Results will be given to you by telephone within one working day of the test.