

1. Women of average risk should have testing undertaken at 24–28 weeks of gestation.
2. Initial Screening: 50 G Glucola or 50 G Carbs (or: 28 Jelly beans over 10 minutes) (1) No other preparation needed. Can be done 23-32 weeks. Blood draw one hour following the drinking of Glucola, or eating jelly beans
3. A level of >140mg/dl needs a follow-up 3-hour GTT to confirm a diagnosis of GDM. Some use a level of >130mg/dl for screening. Women need to have at least 150 g carbs the three days preceding the 3-hour GTT.
4. After diagnosis and nutritional guidelines are provided, a FBS and 2 hour following a meal is an appropriate management approach.
Normal ranges:

Fasting Blood Sugar: 2 Hours After Meal Instruction (2,3)

Nothing to eat or during (except water) for 12 hours prior to the test (preferably from the night before). Do not make your last food of the evening a sweet treat. No smoking during the fast and until the completion of the test

2-Hour Post Test Meal:

Select one of the meals listed below. Complete the meal within 15-20 minutes. Note the exact time the meal is finished. No food or drink except water during the 2-hour wait. Blood should be drawn exactly 2 hours from this time.

Another option is to have your client eat what they would normally eat for a meal, as long as it includes protein, carbohydrates and fats. These tests show your client utilizes what they normally eat, which is what you want to know. This is a common sense approach, but has not been researched.

Breakfasts

<u>Breakfast Number 1</u>	<u>Breakfast Number 2</u>	<u>Vegetarian Breakfast</u>
1 large glass of orange juice 1 egg, poached or scrambled Commercial Sweet Roll 1 pat of butter 1 cup Rice Krispies with sugar 1 cup of milk 1 Tb sugar	1 large glass of orange juice 2 med pancakes with butter 2 Tb Maple or corn syrup Coffee/Tea as desired	1 cup cooked oatmeal 1 English muffin Or 2 slices toast 3 pats butter 8 oz orange juice 1 cup soymilk, unsweetened 2 Tb almonds 1 cup coffee/tea without sugar

Coffee/Tea as desired		
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Lunches

<u>Lunch Number 1</u>	<u>Lunch Number 2</u>	<u>Lunch Number 3</u>
1 hamburger on a bun 1 order of French friend potatoes Salad with French Dressing 1 lg scoop orange sherbet 1 glass of milk Coffee/tea as desired	1 tuna fish salad sandwich 1 med baked potato with butter 1 portion of peas 1 glass of milk 2 med brownies Coffee/Tea as desired	Eat a normal meal, something you would normally eat. Be certain to include protein foods, fats and carbohydrates. Avoid sugar and starchy foods at this meal.

FBS and 2 hour blood values

Fasting whole blood glucose	≤95 mg/dl (5.3 mmol/l)
Fasting plasma glucose	<105 mg/dl (5.8 mmol/l)
1-h postprandial whole blood glucose	≤140 mg/dl (7.8 mmol/l)
1-h postprandial plasma glucose	≤155 mg/dl (8.6 mmol/l)
2-h postprandial whole blood glucose	≤120 mg/dl (6.7 mmol/l)
2-h postprandial plasma glucose	≤130 mg/dl (7.2 mmol/l)

1. Reference for Jelly Bean Article: American Journal of Ob/GYN 1999:181:154-1157.
2. Reference for FBS and 2-Hour Challenge Diets
With Woman Midwifery, and Gretchen Brauer-Rieke, CNM
3. Reference for Vegetarian Meal: Kim Riano via Toni Erickson
4. Reference for Management of GDM
American Diabetes Association: Recommendations 2002
Gestational Diabetes Mellitus
http://care.diabetesjournals.org/cgi/content/full/25/suppl_1/s94
5. Diabetes Screening Tests:
<http://home.attbi.com/~creationsunltd/AppendixB.htm>