

PATIENT INSTRUCTION

50G GLUCOSE CHALLENGE TEST DURING PREGNANCY

Why do the 50g glucose challenge test?

The test is done to screen for diabetes in pregnancy called 'gestational diabetes'. It is important to recognise diabetes in pregnancy because untreated diabetes can have negative health effects for both mother and baby.

What does it involve?

The 50g Glucose Challenge is a test usually performed at 26-28 weeks of pregnancy. The test consists of having a drink supplied by and consumed in the pathology Collection Centre. The drink contains an exact amount of glucose (50 grams). A blood sample is taken one hour after finishing the drink which is tested for glucose concentration. During the time between having the glucose drink and the collection of the blood sample you will be required to sit quietly and not to consume food or drink, except for water.

What preparation is required?

No special preparation is required for the 50g Glucose Challenge test. You do not need to fast. However, it is advisable not to have food or drink containing glucose (sugar) 30 minutes before the test. Having large amounts of glucose just before the test may increase your blood glucose result enough that the 75g Glucose Tolerance Test (see next section) is required to rule out gestational diabetes.

What do the results mean?

The results of the test will be sent to your doctor caring for you during pregnancy. A blood glucose result less than 7.8 mmol/L means that you are unlikely to have gestational diabetes. No further testing is required. Most patients are in this category.

A raised blood glucose result means that you have an increased risk for gestational diabetes. A further test is then needed to decide whether or not you have gestational diabetes. This test, called the '75g Glucose Tolerance Test', is more inconvenient because it requires an overnight fast before the test. It also involves 3 blood collections over 2 hours. You cannot eat or drink anything except water during the formal glucose tolerance test.

Collection Centre locations are listed on the back of your request form.

For further enquiries, please contact:

Northern NSW: Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425
Hunter New England - New England: 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343
Mid North Coast: Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,
Central Coast: 02 4320 3375
Northern Sydney: 02 9926 4111