



GESTATIONAL DIABETES SCREEN

During the 2–3 weeks prior to your screen at or around your 28th week of pregnancy:

- Stay well hydrated (at least 3 quarts water per day)
- Get plenty of complex carbs, proteins, green vegetables
- Avoid sugars (candy, breads, processed products)
- Get mild to moderate exercise (walking or swimming)

The night before your screen:

- Fast from midnight on
- Only water is allowed

Upon waking the morning of your screen:

- Turn the glucometer on by inserting the test strip
- Wait for the machine to be ready indicated by a blood drop flashing
- Prep your finger with an alcohol wipe or by washing hands thoroughly
- Prick your finger using a clean lancet
- Place the drop of blood on your finger to the end of the test strip
- Test strip should suck in blood like a small vacuum
- Read results and record

After fasting screen is complete:

- Eat Breakfast
Pancakes with generous amount of maple syrup, a protein source and a glass of orange juice is ideal.
- Get some mild exercise as it will help metabolize the sugar in your body.
Go for a little walk outdoors if weather permits or a few laps around the house.
- Continue to stay hydrated.

At approximately 2 and 3 hours after breakfast:

- Repeat all the above steps performed for the fasting screen
- Make sure to record your results for your midwife
- GREAT JOB!