



## Challenge Screen for Diabetes in Pregnancy

### 1 hour Screen Test – following 50g glucose load

#### About your Test

- Your health professional has requested this test as a routine screen for diabetes in pregnancy.
- You do not need to make an appointment for this test but it is preferable for the test to be started in the morning
- You are not required to fast before your test.
- For your test, you are required to remain at Wellington SCL for just over 1 hour. During this time you will be required to rest. You may like to bring a book to read.
- You will be asked not to smoke during your test.

#### The Procedure

1. When you arrive at Wellington SCL you will be given a drink containing 50gm glucose. You will be asked to drink this within 3-5 minutes.
2. Please tell the nurse if you feel unwell at any time during your test.
3. A blood sample will be collected 1 hour **after** you finish the glucose drink.

This completes the test and you may eat and drink normally.

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Please contact the main laboratory for further information (04) 381 5900