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# Gestational Diabetes Screening

What it is and What to expect

## Why do women get screened?

Gestational Diabetes Mellitus (GDM) affects 5% - 8.5% of pregnant women. It can be present in all women, regardless of diet regimen and health. If left undiagnosed and uncontrolled, there are significant risks such as preterm birth, fetal anomalies, preeclampsia, macrosomia, and neonatal issues.

## What to expect ~

Gestational Diabetes Screening is often performed at 24 – 28\* weeks of gestation. To determine if one has GDM, the pancreas must be stressed with a specific amount of glucose. Your plasma blood glucose is then tested to determine if your body, while pregnant, can maintain safe blood sugar levels.

*\*For women not previously diagnosed with diabetes.*

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This brochure offers guidelines as printed in the American Diabetes Association's 2022 Standards of Medical Care in Diabetes. Discuss with your provider for up-to-date or their preferred methods.

## How is the test performed?

For the Oral Glucose Tolerance Test (OGTT), ask your provider what glucose amount you'll need:

- 50-gram     
  100-gram     
  75-gram



For the 50-gram glucose load test, you will consume a 50-gram glucose beverage 1-hour prior to a plasma blood glucose draw (performed at a laboratory or your provider's office). If the results exceed a specific threshold, you will be scheduled for a 100-gram OGTT.



For the 100-gram OGTT, you will need to be fasting. You will have three plasma blood glucose draws. First you will have one while fasting. Then you will consume a 100-gram glucose beverage. Your plasma blood glucose will be measured again at 1-hour and 2-hour. Your provider will make a diagnosis if you meet or exceed specific levels.



For the 75-gram OGTT, you will need to be fasting. You will have three plasma blood glucose draws. First you will have one while fasting. Then you will consume a 75-gram glucose beverage. Your plasma blood glucose will be measured again at 1-hour and 2-hour. Your provider will make a diagnosis if you meet or exceed specific levels.

Two-Step Method

One-Step Method

You now have a natural option for the glucose beverage. If you prefer an additive-free, GMO-free, and organic glucose load test, you may pay out of pocket for a validated glucose beverage from The Fresh Test™. This may be stocked at your provider's office or lab, or you may purchase it online at [TheFreshTest.com](https://www.thefreshtest.com).



Fresh Test, LLC  
[www.thefreshtest.com](https://www.thefreshtest.com)  
 @thefreshtest

If your laboratory is new to The Fresh Test, they might ask for a physician Rx allowing your use. Here is an [example](#) for reference ~

**Rx PRESCRIPTION** Name, DOB, Date

The Fresh Test™ is an organic, additive free & FDA Registered glucose beverage. This brand is necessary due to patient's:

- Allergies     
  Diet regimen     
  Nausea/tolerability