

**24 Week Handout
for
28 Week Tests: Glucola, CBC, RPR and Antibody Screen**

At your next visit you will be approximately 28 weeks along. This is the beginning of the third trimester (i.e., the home stretch) of pregnancy. Congratulations! Because you are moving into another stage of pregnancy, some of the labs that you had initially will need to be repeated, like the CBC and perhaps the antibody screen (see below).

Additionally, this is a time to check for an elevation in the blood sugar that is unique to pregnant women; gestational diabetes (GDM). Pregnancy causes a condition called *insulin resistance*. Since the end of pregnancy is a time of rapid growth in your baby, we want to find out now if your sugar level is making your baby grow too much!

We usually perform these blood tests in our office. But, if it is more convenient, we can provide a lab order for you to take to a laboratory close to you. Please be certain the lab you pick accepts your insurance.

CBC

This is the Complete Blood Count. It tests for anemia, the condition of low hemoglobin (or iron concentration). It also checks for blood cells called platelets. These cells help control bleeding, which is of course important at the time of delivery.

1 Hour Glucola

This test screens for Gestational Diabetes or Diabetes of Pregnancy. You will be given a standardized glucose-sugar drink. You need to drink it 45 minutes before your scheduled appointment time; you need to drink the whole thing in no more than 3 minutes. It is important that you arrive to your appointment on time as we will need to draw your blood exactly one hour after you consume the drink.

Example: If you have a 2:00pm appointment, you need to drink the whole bottle by 1:15pm and be in the office exactly at 2pm.

If you we are unable to draw your blood in time, we will need to repeat the procedure. While you do NOT need to be fasting for this test, you should avoid sugary foods beforehand, such as fruit juice, soda, candy, breakfast cereals, doughnuts, syrup, jelly, high sugar coffee beverages (i.e. vanilla latte) etc.

If the 1 Hour Screen is high, then a 3 Hour Glucose Tolerance test will be performed. This is how the diagnosis of Gestational Diabetes is actually made. Some patients at high risk for GDM may want to go straight to the 3 Hour test. Tell us if you prefer this. You must be fasting, 8 – 12 hours for the 3 Hour test. This should be performed after 3 days of normal activity and eating (150gm carbohydrates/day).

Antibody Screen and Rhogam

If your are Rh negative, and the blood type of the baby's father is unknown or Rh positive, you will need to have your antibody screen repeated and receive a Rhogam injection.

RPR

RPR is the screening test for syphilis. Because Maricopa County has a high rate of congenital syphilis, the CDC recommends screening at the start of prenatal care and again early in the third trimester during pregnancy.

Morning Star Obstetrics and Gynecology wants to support you in this exciting and important time just before your baby's arrival. These tests are just one way for us to provide care. We can use this information to make the remainder of your pregnancy and delivery experience healthier.