

Postpartum Glucose Screening for Patients with Gestational Diabetes

Why do I need to be screened (tested) for diabetes after birth?

You had **gestational diabetes** (a type of diabetes that develops during pregnancy when your blood sugar levels get too high). Having gestational diabetes puts you at higher risk for developing **type 2 diabetes**, a long-term condition of high blood sugar that can cause health problems if not managed well.

- 70% of patients with gestational diabetes will be diagnosed with type 2 diabetes after their pregnancy.
- 1 in 5 of these patients will be diagnosed immediately after pregnancy.
- Uncontrolled diabetes has long-term impacts on your health.

The American College of Obstetrics and Gynecology (ACOG) recommends that all patients with gestational diabetes get tested for type 2 diabetes after pregnancy. By detecting (finding) type 2 diabetes early, your health care team can work with you on a care plan to reduce future health problems.

When should I be screened for type 2 diabetes after birth?

You may be screened before going home after giving birth, or you may complete the screening 6-12 weeks after birth. If you choose to be screened before going home, you can do the testing in your hospital room.

How will I be screened after birth in the hospital?

You will complete a 2-hour **glucose tolerance test**. It is a fasting test, which means you won't eat for 8 hours. Then, to start the test, we will draw your blood to measure your fasting blood sugar level. Next, we will give you a sugary

drink (called a glucose drink). You will drink the whole bottle in 5 minutes or less. Finally, 2 hours after you finish the drink, we will draw your blood again.

How do I complete this screening 6-12 weeks after birth?

1. Eat and drink as you normally do in the days before the screening.
2. Do not eat or drink for 8 hours before the test.
 - You may only have small sips of water.
 - It's easiest to fast overnight and do the screening early in the morning the next day.
3. Go to one of the Michigan Medicine MLab locations for your screening.
 - Visit mlabs.umich.edu/blood-draw-station or scan the QR code to see a list of MLab locations. You do not need to make an appointment.
4. When you arrive at an MLab, they will draw your blood. Then they will give you a sugary drink (glucose drink). Drink the whole bottle in 5 minutes or less.
5. 2 hours after you finish the drink, they will draw your blood again.



The lab will tell you when your screening results are available in your online patient portal (MyUofMHealth.org). If you have any questions, please contact your inpatient team or doctor.

What do my results mean?

You can use this table to see if your screening results suggest that you may have pre-diabetes or diabetes.

Measurement	Normal range	Pre-diabetes range	Diabetes range
Fasting blood sugar	Less than 100 mg/dL	100-125 mg/dL	126 mg/dL or more
Blood sugar after 2 hours	Less than 140 mg/dL	140-199 mg/dL	200 mg/dL or more

What if I get screened before I leave the hospital and I test positive?

- If you get screened before you leave the hospital and your screening is positive (meaning the test results show that you may have diabetes), we will refer you to the Endocrinology department. They will provide you with medical care and another test to confirm the results of your first screening.
- If your test is negative (meaning the test says that you don't have diabetes), you do not need any more testing after you leave the hospital.

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