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Information for patient

Mini Glucose Tolerance Test

This test is done to see if you have developed diabetes during pregnancy. The test is done at around 26-28 and includes a full blood count (iron level) and an antibody screen.

You need to prepare for your test as follows:

You will need a 280 - 300ml bottle of **Lucozade Original**.

You should not eat or drink anything for one hour before drinking the Lucozade.

You should drink the Lucozade within 5 to 10 minutes.

A blood sample should be exactly one hour after you have finished drinking the Lucozade.

Please remember not to eat or drink anything between drinking the Lucozade and having the blood sample taken.

It is very important that these instructions are followed carefully, otherwise the test may give the wrong result.

Full Glucose Tolerance Test

Raised blood sugar in pregnancy is not uncommon and no changes to diet are usually necessary. A Full Glucose Tolerance Test will re-check your sugar more accurately. The test is performed in the morning and will take **approximately 2-3 hours**. You will be given a sugary drink which is preceded by 2 to 3 blood tests. Please have nothing to eat or drink (apart from sips of water) from midnight the previous evening. Results are available in 48 hours.

Group B Streptococcus (GBS)

GBS is a common bacterium — it does not cause harm and does not require treatment.

Approximately 25% of women of childbearing age carry GBS in the vaginal-rectal area at any one time. Babies who develop GBS infection are usually exposed to GBS in the womb although this can only happen during labour, birth, or after birth. Many thousands of babies are exposed to GBS with no ill effects — just why some babies are susceptible to the bacteria and develop infection while others don't is not clear. Group B Streptococcus is the commonest cause of bacterial infection in newborn babies in the UK and in rare cases can lead to death or serious long-term mental and physical problems.

Most GBS infections can be prevented by giving all women carrying GBS with antibiotics at the onset of labour, as well as to those delivering prematurely or with a history of GBS.

Testing pregnant women for GBS is not routinely available on the NHS but a sensitive test taken when you will be at 37 weeks of gestation.

Please be aware that if you are planning to deliver by Elective Caesarean Section the GBS screening will not be needed.

Syphilis in pregnancy

If a woman becomes infected while she's pregnant, or becomes pregnant when she already has syphilis, it can be very dangerous for her baby if not treated.

Infection in pregnancy can cause miscarriage, stillbirth or a serious infection in the baby (congenital syphilis).

Screening for syphilis during pregnancy is offered to all pregnant women so the infection can be detected and treated before it causes any serious problems.
