

Instructions for 28 week Appointment

What labs do I need to do? At 26-28 weeks of pregnancy, it is recommended to do blood work to screen for gestational diabetes, anemia and infections.

What is gestational diabetes? This is an issue during pregnancy where your body does not use process sugar in a normal way. For most people this resolves after pregnancy. The 1 hour Glucola test is a "screening test", meaning that it does not tell us if you actually have gestational diabetes, it tells us if you are low risk or higher risk. If these test is high, we will talk about the 3 hour glucose tolerance test which can diagnosis gestational diabetes.

When do I need to do this blood work? Most patient choose to have this drawn during their 28 weeks appointment at the Alliance East Lansing location. If your appointment is at the Mason location or if you desire a different time to have your labs drawn, please use a University of Michigan Health – Sparrow lab and have drawn between 26- 28 weeks.

What do I need to do prior to having the blood work drawn? This blood draw is time sensitive. Meaning the blood needs to drawn 1 hour after you drink the Glucola. This is not a fasting lab, you can eat normally leading up to the drinking the Glucola. Follow these instructions;

- Drink entire Glucola within 5 minutes
- Do not eat or drink after drinking the Glucola
- Have your blood drawn 1 hour after drinking the Glucola.

It is very important that the blood is drawn at the 1 hour point. If over an hour has passed, the lab will NOT be able to do the blood work and you will need to drink the Glucola again at another time. Be sure the UMH-Sparrow lab you choose to use is open at the time you plan to have your blood drawn.

Where can I do this blood work? You can have this drawn at any UMH – Sparrow lab location. If you choose to use the UMH-Sparrow lab in the Alliance East Lansing location they are open Monday through Friday 8am-4:30pm and closed for lunch from 12:30pm-1:30pm. Please verify that the lab you choose to use is open at the time you need to have blood drawn.

What else is significant about 28 weeks?

- People who have Rh negative blood type will be offered RhoGam. If you are Rh negative, it is important that your blood work is completed prior to your 28 week visit to prevent false positive on the blood work.
- All pregnant people will be offered a booster of Tdap (Whooping cough shot). This is recommend at 28 weeks in each pregnancy for every pregnant person.
- Begin doing daily kick counts:

How to do “Kick Counts”? Once a day we want you to check in with pregnancy and verify movement. Once a day empty your bladder, drink some water then concentrate on fetal movement. Once you get 10 movements you can stop. If you do not get 10 movement in 2 hours, we recommend for you to be evaluated. During normal business hours we can often get you into the office. At other times, we will have you go to UMH-Sparrow OB Emergency room.