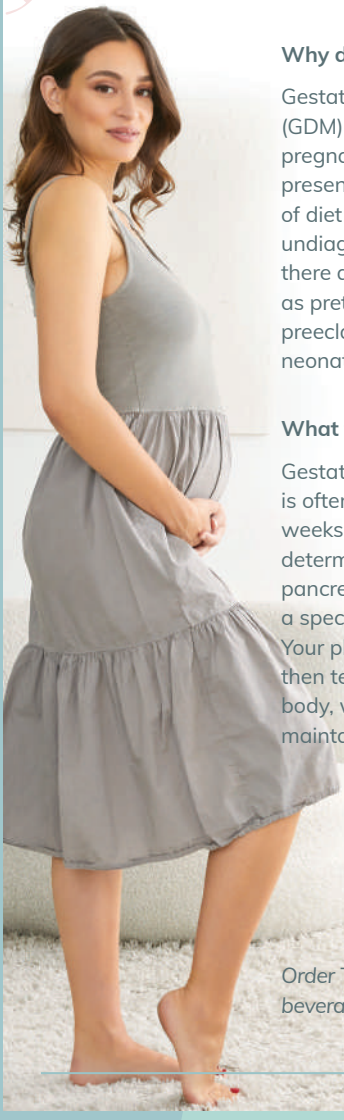
Gestational Diabetes Screening

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.

Order The Fresh Test® glucose beverage at www.TheFreshTest.com

This brochure offers guidelines as printed in the American Diabetes Association's 2025 Standards of Medical Care. Refer to your provider for their preferred screening protocols.

How is the test performed?

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

◯ 50-gram ◯ 100-gram ◯ 75-gram

GLUCOSE 50g LOAD TEST

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.

GLUCOSE 100g LOAD TEST

For the 100-gram OGTT, you will need to be fasting. You will have four 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, 2-hour and 3-hour. Your provider will make a diagnosis if you meet or exceed specific levels.

Two-Step Method

GLUCOSE 75g LOAD TEST

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.

One-Step Method

You now have a natural glucose beverage option with **The Fresh Test®**, made with 3 nonGMO ingredients. Products are additive-free & KSA Certified. Order yours at **www.TheFreshTest.com**.

NO ARTIFICIAL COLORS OR FLAVORS

ORDER HERE

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If your laboratory is new to The Fresh Test®, they may need a note or Rx allowing use. Here is an example for reference ~

℞ **PRESCRIPTION** The Fresh Test® is an approved diagnostic glucose beverage *that is necessary due to* ◯ *Allergies* ◯ *Diet regimen* ◯ *Nausea/tolerability*