

3-Hour Glucose Test Results

Medical Institution Details

Name:

Address:

Phone Number:

Website:

Patient Details

Full Name:

Date of Birth:

Gender:

Ethnicity:

Gestation Period:

Patient ID:

Contact Number:

Email Address:

Referred by Dr./Physician:

Indicate if the patient is part of any at-risk groups below:

- above the age of 35
- has been pregnant before
- metabolic syndrome
- polycystic ovary syndrome
- body mass index of 30 or higher

Results of ABNORMAL 1-hour glucose tolerance test:

Recommended Parameters for Blood Sugar Levels in Pregnancy

- Standard blood sugar level: Below 140 mg/dL (7.8 mmol/L)
- Further testing needed: 140 mg/dL (7.8 mmol/L) to less than 190 mg/dL (10.6 mmol/L)
- High blood sugar level: 190 mg/dL (10.6 mmol/L) or higher indicates gestational diabetes. *Intervention needed.*

| Date / Time of Oral Glucose Administered | Time of Blood Sample Taken: | Results: <ul style="list-style-type: none"> • mg/dL • mmol/L |
|--|-----------------------------|--|
| | | |

Results of 3-hour Glucose Test:

| | Abnormal parameter: | Patient results: <ul style="list-style-type: none"> • mg/dL • mmol/L |
|-----------------------|-------------------------------------|--|
| Fasting glucose level | Greater than 95 mg/dL (5.3 mmol/L) | |
| 1 hour glucose level | Greater than 180 mg/dL (10 mmol/L) | |
| 2 hour glucose level | Greater than 155 mg/dL (8.6 mmol/L) | |
| 3 hour glucose level | Greater than 140 mg/dL (7.8 mmol/L) | |

One result abnormal: Re-test in four weeks time and review diet plan

Two or more of the results appear abnormal: The patient will be diagnosed with gestational diabetes.

Blood Glucose Monitoring - AT HOME

This section is for patients diagnosed with gestational diabetes.

| Date | Time | Reading (mg/dL) | Notes (e.g., exercise, stress, medication) |
|------|------|-----------------|--|
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Symptoms or Side Effects Noted

Recommendations & Physician's Notes

Next Appointment:

Physician's Signature:

Date: