

# Hal Saac Baaritaanka Glucose ee Rugta OB



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

Dhalmada iyo Xanuunada Dumarka  
ee Gobolka Ohio ee Daryeelka  
Bukaan-socodka McCampbell

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## Ku saabsan baaritaan

Waxaad yeelan doontaa tijaabo la yiraahdo baaritaanka sokorta halka saac ah. Baaritaan waxay hubisaa sonkorta dhiigga oo sare si loo baaro sonkorowga inta lagu jiro uurka, taasoo loo yaqaan macaanka uurka. Dhammaan dadka uurka leh ee lagu daryeelayo rugtan waxaa lagu hubiyaa sonkorta dhiigga oo sare inta u dhaxaysa bisha 6aad ilaa 7aad ee uurka.

## Sameynta baaritaan

Tijaabadan, waxaa lagu siin doonaa cabitaan macaan. Markaas waa inaad sugtaa 1 saac ka hor inta aan muunad dhiiggaaga laga qaadin si loo hubiyo heerka sonkorta dhiiggaaga. Ma cuni kartid ama ma cabi doontid inta lagu jiro saacaddan ilaa dhiiggaaga lagaa qaado. Sidoo kale, ha cabin sigaarka ama ha calaalin xanjadada.

Waxaad ku sugi doontaa qolka baaritaanka ama goobta sugitaanka saacaddan.

Tijaabadaada waa in lagu sameeyaa \_\_\_\_\_.

Fadlan xasuusi shaqaalaha marka waqtigu dhow yahay.

## Natiijooyinka baaritaan

Sonkorta dhiigga caadiga ah inta lagu jiro uurka waa 134 ama ka yar tijaabadan. Haddii sonkorta dhiiggaagu ka badan yahay 134 waa lagula soo xiriiri doonaa. Waxaad u baahan doontaa baaritaano dheeraad ah si loo hubiyo haddii aad qabto sonkorowga uurka.

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**Kheyraadkan waa ujeedooyin macluumaad oo keliya. Kala hadal bixiyaha daaryeelkaaga caafimaad haddii aad wax su'aalo ah ka qabto daryeelkaaga.**

Wixii waxbarasho dheeraad ah, kala xiriir Maktabadda Macluumaadka Caafimaadka (Library for Health Information) 614-293-3707 ama [health-info@osu.edu](mailto:health-info@osu.edu).

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# One Hour Glucose Screening at the OB Clinic



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

Ohio State Obstetrics and Gynecology  
at McCampbell Outpatient Care

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## About this test

You will have a test called a one hour glucose screening. This test checks for high blood sugar to screen for diabetes during pregnancy, called gestational diabetes. All pregnant people getting care at this clinic are checked for high blood sugar sometime between their 6th and 7th month of pregnancy.

## Having the test

For this test, you will be given a sweet drink. You must then wait 1 hour before a sample of your blood will be drawn to check your blood sugar level. You cannot have anything to eat or drink during this hour until your blood is drawn. Also, do not smoke or chew gum.

You will either wait in the exam room or the waiting area for this hour.

Your test is to be done at \_\_\_\_\_.

Please remind the staff when it is close to this time.

## Test results

Normal blood sugar during pregnancy is 134 or less for this test. If your blood sugar is more than 134 you will be contacted. You will need more testing to check if you have gestational diabetes.

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**This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.**

For more education, contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).

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