



Your 28 Week OB Visit

Instructions for 28 Week Lab Work

Your 28 week labs include a hemoglobin to check for anemia, a one hour Glucola check for gestational diabetes, and the RPR to check for syphilis (a test required by the state). If you are Rh negative, you will also have an antibody screen checked and will receive a Rhogam injection.

Please schedule your appointment for your 28 week OB visit no later than 4 pm*. You should arrive approximately 15 minutes before your scheduled office visit to begin your labs. Please inform the front desk personnel that you need to go to the lab to drink the Glucola before your appointment. One hour after drinking the liquid, you will be called to the lab to have your blood drawn.

During the day of the test, you may eat a normal diet. Please limit sweets such as syrup, candy, cookies, pop-tarts, etc. Do not eat or drink anything during the one hour between drinking the glucola and when your blood work is drawn.

If any of your tests are abnormal, you will be notified within a few days.

If you are considering sterilization (tubal ligation or Essure)

If you are considering sterilization to be done at the time of delivery or soon after (within 60 – 90 days), please sign and date our consent with one of our staff. This is in no way binding. You may change your mind at any time. Please discuss this with your provider at your 28 week visit.