

SCREENING FOR GESTATIONAL DIABETES

Screening for gestational diabetes (Glucose Challenge Test) is routinely performed between 24-28 weeks in all women. A blood sample is obtained exactly one hour after drinking a prescribed beverage called Glucola, which contains 50gm of carbohydrate.

You do not have to fast before the test, however, it is wise to avoid excessively sugary foods in the two hours before you plan to drink the Glucola. Once you drink the Glucola, **YOU MAY NOT EAT OR DRINK ANYTHING ELSE UNTIL YOUR BLOOD SAMPLE IS DRAWN.** You should drink the Glucola quickly—it is not meant to be sipped!

Please arrive in our office about 30 MINUTES before your blood needs to be drawn. When you arrive, advise the FRONT DESK of what time you finished the Glucola so we can draw your blood at the correct time. We will also be drawing a specimen for a blood count to check for anemia.

If your results are normal, we will NOT call you. If your screening result is above the cutoff, you will be contacted to schedule the diagnostic Three-Hour Glucose Tolerance Test. Most women who have a value above the screening cutoff are NOT diabetic—so don't panic if we call you!

PREGNANCY DISABILITY FORMS

The duration of your leave and your compensation depends on a variety of factors.

All patients are entitled to **Medical disability**, also called Short Term Disability. This applies when a person is judged to be medically unable to work. Standard medical disability for pregnancy is 6 weeks after a vaginal delivery and 8 weeks after a cesarean. Depending on your state residency and your company's policy, you may receive additional paid or unpaid **parental leave**.

The **federal Family Medical Leave Act** authorizes a total of 12 weeks of *family leave/job protection* if your employer has more than 50 employees in a 100-mile radius and you have been employed at your current job for over a year. Your disability period often covers the first 6 weeks; the remainder may or may not be paid.

The **New York Paid Family Leave Act**, which went into effect Jan 1, 2018, allows most New York State residents to receive 8 weeks of *paid family leave* if they deliver in 2018, 10 weeks if they deliver in 2019 or 2020, and 12 weeks if they deliver in and after 2021. The amount paid is not equivalent to full salary. If you do NOT live in New York State, please check with your HR department or your state's government website.

You should speak to your HR department to inquire about their parental leave policy and about which forms are required to be completed. This could entail multiple forms that may need to be completed more than once, including before and after you deliver. Someone from our nursing department will complete these forms within 7 days. For this service, we charge a one-time \$20 fee. This fee also covers any forms your partner may need.

Since most companies require employees to work until they deliver, do not start your leave prior to delivery without checking with BOTH Downtown Women AND your HR department. Only a handful of companies provide paid/unpaid leave prior to the due date. If you feel you are truly unable to perform the functions of your job, please discuss this with a provider at your next visit. Under rare circumstances, we may advise you to start *medical disability* prior to delivery.