



southern
new hampshire
health

Foundation OB/GYN



Dr. Denise McHugh
Dr. Janine Keever
Dr. Ann Lo
Joyce Piccirillo, APRN
Sara Amory, APRN
Laura Johnson, APRN

10 Prospect Street
Suite 402
Nashua, NH 03060
Phone: 603-577-3131
Fax: 603-577-3132
admin.fmpevgr@snhhs.org

28 Week Lab Work

At about 28 weeks gestation you will be asked to have the following lab tests performed:

- **Urine Sample for Culture:** to test for bacteria in the urinary tract. UTI's are common in pregnancy and are frequently without symptoms. Left untreated, these infections can cause complications in pregnancy.
- **Complete Blood Count (CBC):** Abnormally low levels of red blood cells in the blood stream, caused by lack of iron, can cause complications in pregnancy. It is common in pregnancy, and easily treated with over the counter iron supplementation.
- **Glucose Challenge Test:** Gestational diabetes affects about 3% of pregnancies. The hormones of pregnancy temporarily affect mom's ability to process sugar. If not diagnosed and treated, gestational diabetes can cause complications for mom and baby.

The Glucose Challenge Test

On the day of your 28 week appointment, or on the day of your Glucose Challenge test, eat a normal diet. To begin the test you must drink the whole glucose bottle in 5 minutes. Do not eat or drink anything after finishing the drink until you have had your blood drawn. Please record the time you drank your drink. Exactly one hour after your drink you must have your blood drawn. We recommend arriving to the lab with your insurance card and lab slip about 40 minutes after your drink, to give the lab enough time to register you. If you arrive too late, the test will need to be repeated on another day. If you have any questions about this test, please call our office. The results are usually come back within 2 days and we will contact you with the results.

Disability Forms

If you need to have disability forms filled out for the time you need off for maternity leave, we are more than happy to do so. Please keep in mind that it may take a week to complete. It would also be appreciated to let us know where you would like it sent/mailed/or picked up. Thank you for understanding!