

Instructions for 28 week Appointment

What labs do I need to do? At 26-28 weeks of pregnancy, it is recommended to do blood work to screen for gestational diabetes, anemia and infections. If the initial screening test for diabetes is positive, there is a second test that will diagnose diabetes in pregnancy.

Where can I do this blood work? You can have this drawn at any UMH – Sparrow lab location including the UMH-Sparrow lab in the Alliance East Lansing office. For best service, please call the central UMH-Sparrow lab schedule line; 517-371-9500 to schedule. Let the operator know you are an Alliance OB/GYN patient and need to schedule glucose tolerance testing at the Alliance location.

UMH-Sparrow lab in the Alliance East Lansing hours location
Monday through Friday 8am-12:30pm and 1:30pm-4:30pm

If using a different lab you can schedule through Sparrow website or your UMH-Sparrow My Chart login. Typically, other UMH-Sparrow lab locations will provide you the Glucola to drink when you arrive for the blood draw.

What do I need to do on the day of the blood draw? This blood draw is time sensitive. Meaning the blood needs to be drawn 1 hour after you drink the Glucola. This is not a fasting lab, you can eat normally leading up to drinking the Glucola. Follow these instructions;

- Drink entire Glucola within 5 minutes
- Do not eat or drink after drinking the Glucola
- Arrive and check in at lab kiosk about 15 minutes before your scheduled blood draw
 - If you have not scheduled an appointment with UMH-Sparrow Lab you must arrive 30 minutes prior to the time you need to be drawn and coordinate with phlebotomist.

It is very important that the blood is drawn at the 1-hour point. If over an hour has passed, the lab will NOT be able to do the blood work and you will need to drink the Glucola again at another time.

What else is significant about 28 weeks?

- People who have Rh negative blood type may be offered RhoGam. If you are Rh negative, it is important that your blood work is completed prior to your 28 week visit to prevent false positive on the blood work.
- All pregnant people will be offered a booster of Tdap (Whooping cough vaccine). This is recommend at 28 weeks in each pregnancy for every pregnant person.
- Begin doing daily kick counts

How to do “Kick Counts”? Once a day we want you to check in with pregnancy and verify movement. Once a day empty your bladder, drink some water then concentrate on fetal movement. Once you get 10 movements you can stop. If you do not get 10 movement in 2 hours, we recommend for you to be evaluated. During normal business hours we can often get you into the office. At other times, we will have you go to UMH-Sparrow OB Emergency room.