

# Don't Let a Hospital Kill You

What a time for me to stumble across this article on CNN – [Don't Let a Hospital Kill You](#)

I visit the doctor's office monthly, and it's time for me to start visiting every 2 weeks already! Also, I will be a resident of a hospital in about 2  $\frac{1}{2}$  months! As I've written before, I try really hard to put my faith into the doctors and nurses who care for me, however, my husband is a born skeptic of the medical community. Sometimes it's difficult to cast his doubts and concerns aside, especially when I read something like this. Also, since I grew up in a huge metro area, even though I love our small community, I have to be honest and say the small hospital here scares me a at least a little. I haven't shown my husband this article yet... maybe I'll wait until the baby and I are home and healthy in July?

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## I Passed!!!

Yesterday I did something I've never done before – I passed a 3 hour glucose challenge! I haven't had a gestational diabetes-free pregnancy since my first-born 8  $\frac{1}{2}$  years ago! It feels really good to know that I can eat whatever I want for the next few months without having to worry about pairing proteins with carbs and cutting out desserts; I can hardly believe it. I don't have to go and speak with the endocrinologist or the dietician, and I won't be taking non-stress tests at the hospital. Most importantly, I won't have to inject my body with insulin – something with which my husband and I were not very comfortable anyway. And since gestational diabetes often leads to large babies, I am curious

to see what this one will weigh. The previous 2 babies were both 8 lbs. 12 oz, and my first baby (no diabetes) was only 7 lbs. 2 oz. Of course, she was a little bit early and is still pretty small for her age to this day. But, I just wanted to share the news because I'm very excited that I have a few less things to worry about, and I know I had people waiting to hear the results of my test.

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## Hunger and Boredom

Took my 3-hour glucose "challenge" today, and since it was SO fun for me (sarcasm adundant), I thought I would spread some of the 'cheer' by giving you a run-down of what this medical test entails.

First, why do they call it a glucose challenge? To provide extra motivation, maybe? Whatever the reason, I think they should change the name because glucose challenge makes it sound like I was there to run a relay or something. But the glucose challenge is quite the opposite. It requires that you sit at the medical office for 3 hours and do nothing. Literally. Sure, you can read or sew or Sudoku, but you are not supposed to get out of your chair with the exception of donating a vial of blood every hour. The test is given to pregnant women to determine whether or not they have gestational diabetes, which is when the pregnancy hormones block the body's production of insulin, which will make blood sugar skyrocket and potentially lead to a large baby. Since I've had the condition for 2 of my previous pregnancies, I just might be a glucose challenge expert by now. My husband wanted to know why couldn't I just skip the one hour test and go right for the 3 hour test since we both knew that I would fail it since I am craving sweets and I've failed my last

two 1-hour tests. (MAJOR chocolate malt craving the other night, by the way. If I do have the diabetes, it will stink to have to fend off one of those cravings with sugar-free chocolate... somehow it's just not the same.) The Dr. wasn't down with skipping right to the 3 hour test though, so lucky me, I've had to do them both.

Sure enough, I failed my 1 hour, which is why I got to spend my whole day at the doctor's office waiting to get poked with a needle today. And that's not even the funnest part. They make you fast from 10pm the night before until whenever your test is over, which for me wasn't until 1:30 this afternoon! They were a little late on my last blood draw, and I was on the verge of wreaking havoc in the office when they finally called me in. Luckily, my daughter had gone to school with the nurse's daughter a few years ago, so she recognized me and noticed the desperate look in my eyes, otherwise I think they might have forgotten about me. One more minute, and I was going to carry out my plan to go to my car and scavenge for crumbs my kids left behind on the road trip to Illinois. Luckily, it didn't come to that, but asking a pregnant lady to go without food for over 12 hours is a pretty brave thing to do!

I forgot to mention that for 3 days prior to the test, they put you on a special diet. I was like, oh great, here we go, but when I got the diet paper home and looked at it, the diet actually turned out to be the best part! For 3 days, I was under *doctor's orders* to load up on carbs, eat anything I wanted, and to *make sure* that I ate dessert with both lunch and dinner. No problem, mission accomplished!

And a final note, before I take a nap, since they literally drained the energy from my body today in 3 separate installments... they have a new flavor of the glucose drink you have to drink. It used to be just orange, which tasted like orange pop, but today I was offered a cola flavored one also. So I chose the new one because, what the heck, you only live

once, and I've had the orange one more than a few times by now. Which brings me to a question I have: if there is 50g of dextrose in these little drinks, why don't they taste better? It's not like they taste bad (the orange ones anyway), but shouldn't something that is basically liquid sugar taste a little better? I can think of probably about 50 things that would taste much better and have lots of sugar in them. Why don't they let me binge on candy and desserts before the glucose test instead of downing that drink? And if I do have gestational diabetes, is it really the best thing for my body to be ingesting all this sugar just for them to test me? And what do they need a whole vial of blood for every hour? I am beginning to feel like someone's science project! I guess doctors know best, even though sometimes it's hard (downright impossible for people like my husband!) to put your trust in them. But back to my point... if you ever have to take this test, I would stay away from the cola flavored glucose drink. It's not very good, and every time I think about drinking it, I feel nauseous! It reminds me of the 'flat cola' remedy my mom recommended one time when I was sick as a kid. I felt like I was going to throw up, even though I hadn't, so she had heard somewhere that I should drink flat cola. We just happened to have some in the house, so I tried it, promptly vomited everything up, and couldn't look at cola for months. And I still remember it. Sorry Mom... that one just didn't work ☹