



Gestational Diabetes

Nice / CEMACH guidance

Screening

- **At Booking, all women to have Random Plasma Glucose (Grey topped glucose tube)**
- **If 2 consecutive +ve glycosuria (weekly interval), check Random Plasma Glucose (Grey topped glucose tube)**

OGTT can be done at 28 weeks at the direction of the individual clinician if there is clinical concern/ risk factors, even if random plasma glucose is < 6.7 mmol/l

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Assess for Risk factors for gestational diabetes

- BMI \geq 30
- Previous macrosomic baby (weight > 4.5kg)
- Previous gestational diabetes → *Referral to Diabetes Specialist Nurse at booking to commence BG monitoring. Early OGTT recommended at 16-18 weeks. If normal result, repeat at 28 weeks.*
- Family History of diabetes (1st degree relative)
- Family origin with high prevalence of diabetes i.e. -South Asian, Black Caribbean, Middle Eastern

Oral Glucose Tolerance Test in pregnancy

- Fasting plasma glucose (grey topped glucose tube)
- Give 75g of glucose in 250-300mls water, taken over 5 minutes
- Repeat Blood glucose at 1 hour and 2 hour post glucose.

Gestational Diabetes diagnostic criteria for oral glucose tolerance tests

Fasting Blood glucose > 5.1 mmol/L or
1 Hour postprandial > 10.0 mmol/L or
2 Hours Postprandial > 8.5 mmol/L

*If Positive result, referral to Diabetes Specialist Nurse at
Aitnagelvin Hospital – Tel: 71345171 extn: 213879*

POST NATALLY

All women with gestational diabetes must have a standard OGTT at 6 weeks post partum (fasting and 2 hour plasma glucose tests) using diagnostic cut-off values as per WHO criteria. This will be carried out at GP Practice 6 week post natal check.