Screening and diagnosis of GDM

**Risk factors for GDM**
- BMI > 30 kg/m² (pre-pregnancy or on entry to care)
- Ethnicity (Asian, Indian subcontinent, Aboriginal, Torres Strait Islander, Pacific Islander, Maori, Middle Eastern, non-white African)
- Previous GDM
- Previous elevated BGL
- Maternal age ≥ 40 years
- Family history DM (1st degree relative or sister with GDM)
- Previous macrosomia (birth weight > 4500 g or > 90th percentile)
- Previous perinatal loss
- Polycystic Ovarian Syndrome
- Medications (corticosteroids, antipsychotics)
- Multiple pregnancy

**Assess all women for risk factors**

**Risk factors?**
- Yes
- No

**First trimester**
- 2 hour 75 g OGTT (or HbA1c)

**OGTT (or HbA1c) abnormal?**
- Yes
- No

**OGTT normal?**
- Yes
- No

**Routine antenatal care**
- GDM care

**OGTT**

**Fasting ≥ 5.1 mmol/L**

**1 hour ≥ 10 mmol/L**

**2 hour ≥ 8.5 mmol/L**

**HbA1c (if OGTT not suitable)**
- 1st trimester only
- Result ≥ 41 mmol/mol (or 5.9%)

**OGTT advice for women**
- Fast (except for water) for 8-14 hours prior to OGTT
- Take usual medications

**24-28 weeks gest**
- 2 hour 75 g OGTT