# GDM screening and testing when local risk of COVID-19 is elevated

### **ELEVATED local risk of COVID-19**

- Applies to: Pregnant women regardless of COVID-19 status
- Rationale: To support social distancing and minimise blood collection time (i.e. not based on new evidence)

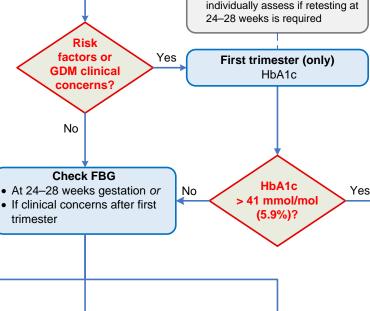
#### Risk factors for GDM

- BMI > 30 kg/m<sup>2</sup> (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 (BW > 4500 g or > 90th percentile)
- Previous perinatal loss
- · Polycystic ovarian syndrome
- Medications (corticosteroids, antipsychotics)
- Multiple pregnancy

#### Initial presentation after first Assess all women for risk trimester with risk factors factors

Use clinical judgement:

- Either FBG or OGTT
  - o Consider risk factors, personal history, local risk of COVID-19
- If OGTT is done at 12-24 weeks, individually assess if retesting at



## If FBG ≤ 4.6 mmol/L OGTT not required

## If FBG 4.7-5.0 mmol/L

- OGTT recommended
- o If COVID-19 suspected or confirmed seek expert clinical advice

OGTT advice for women

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

Routine antenatal care Unless clinical concerns

HbA1c (mmol/mol)

42

48

53

64

75

86

97

HbA1c (%)

6.0

6.5

8.0

9.0

10.0

11.0

# **GDM** diagnosis

**OGTT** 

normal?

- HbA1c first trimester only • ≥ 41 mmol/mol (or 5.9%) **OGTT** one or more of:
- Fasting ≥ 5.1 mmol/L
- 1 hour ≥ 10 mmol/L

Yes

• 2 hour ≥ 8.5 mmol/L

#### Postnatal follow-up

**GDM** care

If FBG ≥ 5.1 mmol/L

OGTT not required

- Delay OGTT for 6 months or
- If concerned about type 2 diabetes:
- o Continue self-monitoring
- o HbA1c at 4-6 months
- Notify GP

No

Queensland Clinical Guideline. Maternity care for mothers and babies during the COVIDD-19 pandemic. Flowchart: F20.63-7-V1-R25

