Screening and diagnosis of GDM during COVID-19 pandemic

COVID-19 pandemic
- 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)
- Implementation: Commence as practical and convenient. Seek expert advice as clinically appropriate

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 or GDM clinical concerns?

Yes

First trimester
HbA1c

No

Check fasting FBG
- At 24–28 weeks gestation or
- If clinical concerns after first trimester

HbA1c > 41 mmol/mol (5.9%)?

Yes

No

If FBG ≤ 4.6 mmol/L
- OGTT not required

If FBG 4.7–5.0 mmol/L
- OGTT recommended
  - 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

If FBG ≥ 5.1 mmol/L
- OGTT not required

Routine antenatal care
- Unless clinical concerns

OGTT normal?

Yes

GDM care

No

HbA1c (%) HbA1c (mmol/mol)
5.0 31
6.0 42
6.5 48
7.0 53
7.5 59
8.0 64
8.5 70
9.0 76
9.5 86
10.0 97
10.5 108

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
- 2 hour ≥ 8.5 mmol/L

Postnatal follow-up
- Delay OGTT for 12 months or
- If concerned about type 2 diabetes:
  - Continue self-monitoring
  - HbA1c at 4–6 months
  - Notify GP

BGL: blood glucose level, BMI: body mass index, DM: diabetes mellitus, FBG: fasting blood glucose GDM: gestational diabetes mellitus, GP: general practitioner, HbA1c: glycated haemoglobin, OGTT: oral glucose tolerance test, ≥: greater than or equal to,