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

Check fasting FBG
- Fasting ≥ 5.1 mmol/L
  - OGTT not required
- Fasting ≤ 4.6 mmol/L
  - OGTT not required
- Fasting 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

Routine antenatal care
- Unless clinical concerns

OGTT normal?
- Yes
  - GDM diagnosis
    - 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, HbA1c at 6 weeks
    - Notify GP
- No
  - OGTT recommended

HbA1c (%) HbA1c (mmol/mol)
- 5.0 31
- 6.0 42
- 6.5 48
- 7.0 53
- 8.0 64
- 9.0 75
- 10.0 86
- 11.0 97
- 12.0 108


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,