

# 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

Assess all women for risk factors

Risk factors or GDM clinical concerns?

Initial presentation after first trimester with risk factors

- Use clinical judgement:
- Either FBG or OGTT
    - Consider risk factors, personal history, local risk of COVID-19
  - If OGTT is done at 12–24 weeks, individually assess if retesting at 24–28 weeks is required

First trimester (only) HbA1c

HbA1c > 41 mmol/mol (5.9%)?

Check FBG

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

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?

GDM care

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

### 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 6 months *or*
- If concerned about type 2 diabetes:
  - Continue self-monitoring
  - HbA1c at 4–6 months
- Notify GP

