Screening and diagnosis of GDM

Assess all women for risk factors

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

OGTT (preferred test for diagnosis)
One or more of:
- 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

OGTT (or HbA1c) abnormal?

Yes
GDM care

No
Routine antenatal care

OGTT normal?

Yes

Risk factors?

First trimester
2 hour 75 g OGTT
(or HbA1c)

No


BGL: Blood glucose level
BMI: Body Mass Index
DM: Diabetes Mellitus
GDM: Gestational Diabetes Mellitus
gest: gestational age
HbA1c: Glycated haemoglobin
OGTT: Oral glucose tolerance test