Guidelines for Diagnosis of Hyperglycemia in Pregnancy – 2011

Universal Testing at 24-28 weeks First Prenatal Visit (<13 wks)* • 2011 ADA standard is 75 gm 2h OGTT for all women Many cases of diabetes or abnormal glucose tolerance are not detected until pregnancy. not previously diagnosed with diabetes @ 24-28 Early detection reduces complications. weeks gestation¹ **Test:** Women who have ANY risk factor: • Fast 8-10 hours, remain seated during test Non-Caucasian BMI > 25 (at risk BMI may be lower in some ethnic groups)¹ Consider adding to third trimester labs History of GDM or pre-diabetes, unexplained stillbirth, malformed infant Previous baby 4000 gm or more (8 lbs 13 oz) *If entry to care 13-23 6/7 weeks and risk factors are 1st degree relative with diabetes mellitus present, test as soon as possible with a 75 gm 2 hour Oral Glucosuria **Glucose Tolerance Test (OGTT)** Medications that raise glucose (e.g. steroids, betamimetics, atypical antipsychotics) Polycystic ovarian syndrome, cardiovascular disease, hypertension, hyperlipidemia ALTERNATE: Test all women for undiagnosed hyperglycemia at the first visit Date FPG: 1 hr: 2 hr: ≥ 92 mg/dL ≥ 180 mg/dL > 153 mg/dl Add A1c or FPG or Random Glucose to Prenatal labs Result: Date: A1c > 6.5%A1c < 5.7% or FPG < 92 A1c 5.7 - 6.4%, or FPG > 126 mg/dLor FPG > 92 mg/dL and < 126 mg/dL or Random > 200mg/dL If any value at or above **Treat as Gestational** Test @ 24 - 28 wks with Diagnose cut off, treat as GDM Type 2 Diabetes OGTT Diabetes Mellitus (GDM) **Date Referred: REFER TO SWEET SUCCESS** NOTE: For early diagnosis (prior to 24 weeks gestational age), Sweet Success will obtain A1c at initial visit after referral

*If entry to care 13 - 23 6/7 weeks and risk factors are present, test as soon as possible with a 75 gm 2 hour OGTT



- 1. American Diabetes Association. Standards of Medical Care in Diabetes. Diabetes Care. 2011;34(Suppl 1):S11-S61.
- 2. American Diabetes Association. Diagnosis and Classification of Diabetes Mellitus. Position Statement. Diabetes Care 2011;34:S62-69.
- 3. International Association of Diabetes and Pregnancy Study Group Consensus Panel. International Association of Diabetes and Pregnancy Study Groups Recommendations on the Diagnosis and Classification of Hyperglycemia in Pregnancy. Diabetes Care 2010;33:676-82.
- 4. Coustan DR, Lowe LP, Metzger BE, Dyer AR. The Hyperglycemia and Adverse Pregnancy Outcome (HAPO) Study: Paving the Way for New Diagnostic Criteria for Gestational Diabetes Mellitus. Am J Obstet Gynecol 2010:202:654.e1-6.