Screening for Diabetes in Pregnancy
Gestational Diabetes Mellitus Screening

Diabetes risk assessment

High risk
- Screen at confirmation of pregnancy
  - Positive for GDM: Treat
  - Negative for GDM: Postpartum

Average to low risk
- Screen at 24 to 28 weeks gestation
  - Positive for GDM: Treat
  - Negative for GDM: Postpartum

Normoglycemia
- Lifelong screening for diabetes every 3 years

Prediabetes
- Screen for diabetes at 6-12 weeks
  - Positive for diabetes: Treat
  - Negative for diabetes: Diabetes

GDM, gestational diabetes mellitus.
ADA. *Diabetes Care.* 2018;41(suppl 1):S13-S27.
Criteria for Early Prenatal Diabetes Testing

- Inactive/sedentary lifestyle
- First-degree relative (parent or sibling) with diabetes
- High-risk race/ethnicity (eg, African American, Latino, Native American, Asian American, Pacific Islander)
- History of gestational diabetes mellitus or previous delivery of a large baby (>9 lb)
- Hypertension (blood pressure ≥140/90 mmHg)
- HDL cholesterol level <35 mg/dL and/or triglyceride levels >250 mg/dL
- History of polycystic ovary syndrome (PCOS)
- A1C ≥5.7%, impaired fasting glucose (IFG), or impaired glucose tolerance (IGT) on a previous diabetes screening test
- Other clinical conditions associated with insulin resistance (eg, severe obesity, acanthosis nigricans)
- History of cardiovascular disease
- Low maternal birth weight (<4 lb 7 oz)

Screen at-risk patients for undiagnosed diabetes at pregnancy confirmation
## GDM Diagnosis

### 2 Approaches for Diagnosing GDM

<table>
<thead>
<tr>
<th>AACE- and ADA- recommended</th>
<th>1-step 75-g 2-hour OGTT</th>
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<tbody>
<tr>
<td>ACOG- recommended</td>
<td>2 steps: a 50-g 1-hour GCT, followed by a 100-g 3-hour OGTT (if necessary)</td>
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### GDM Diagnostic Criteria for OGTT Testing

<table>
<thead>
<tr>
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<th>75-g 2-hour*</th>
<th>100-g 3-hour†</th>
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<tbody>
<tr>
<td>Fasting plasma glucose (FPG)</td>
<td>≥92 mg/dL (5.1 mmol/L)</td>
<td>≥95 mg/dL (5.3 mmol/L)</td>
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<tr>
<td>1-hour post-challenge glucose</td>
<td>≥180 mg/dL (10.0 mmol/L)</td>
<td>≥180 mg/dL (10.0 mmol/L)</td>
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<tr>
<td>2-hour post-challenge glucose</td>
<td>≥153 mg/dL (8.5 mmol/L)</td>
<td>≥155 mg/dL (8.6 mmol/L)</td>
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<tr>
<td>3-hour post-challenge glucose</td>
<td></td>
<td>≥140 mg/dL (7.8 mmol/L)</td>
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</table>

* A positive diagnosis requires that test results satisfy any one of these criteria.
† A positive diagnosis requires that ≥2 thresholds are met or exceeded.

AACE, American Association of Clinical Endocrinologists; ACOG, American College of Obstetrics and Gynecology; ADA, American Diabetes Association; GCT, glucose challenge test; GDM, gestational diabetes mellitus; OGTT, oral glucose tolerance test.

ADA. *Diabetes Care*. 2018;41(suppl 1):S13-S27.
Committee on Obstetric Practice. ACOG. 2011;504:1-3.