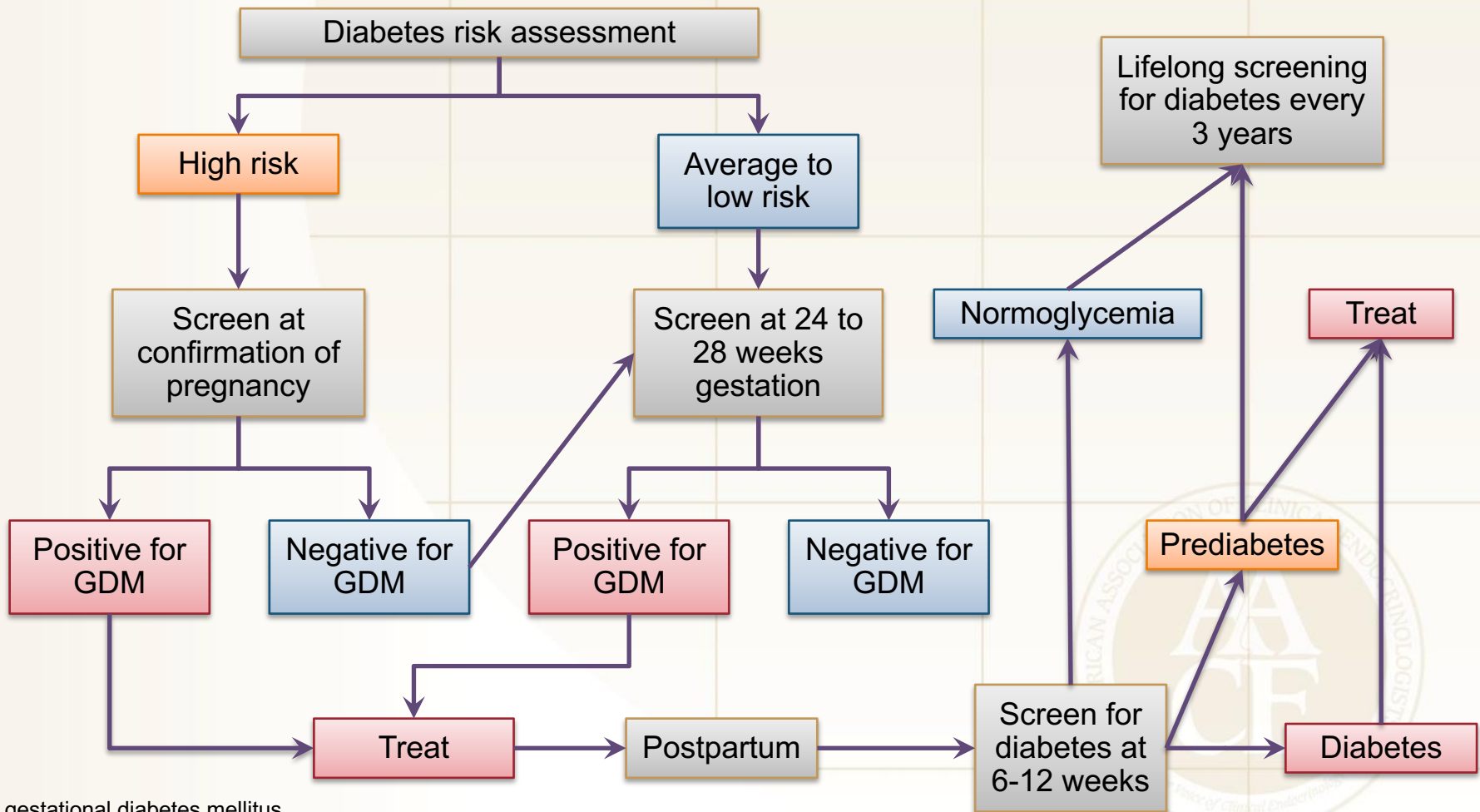


Screening for Diabetes in Pregnancy



Gestational Diabetes Mellitus Screening



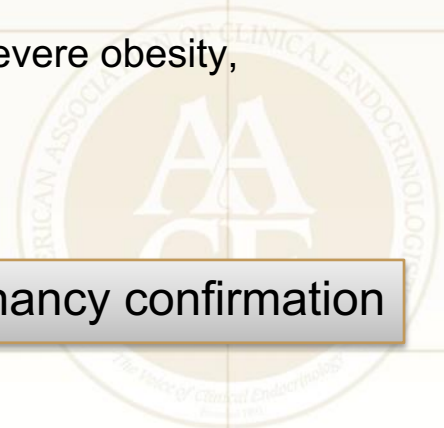
GDM, gestational diabetes mellitus.

Handelsman YH, et al. *Endocr Pract.* 2015;21(suppl 1):1-87.

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 \geq 140/90 mmHg)
- HDL cholesterol level <35 mg/dL and/or triglyceride levels >250 mg/dL
- History of polycystic ovary syndrome (PCOS)
- A1C \geq 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

AACE- and ADA-recommended	1-step 75-g 2-hour OGTT
ACOG-recommended	2 steps: a 50-g 1-hour GCT, followed by a 100-g 3-hour OGTT (if necessary)

GDM Diagnostic Criteria for OGTT Testing

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

*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.

Handelsman YH, et al. *Endocr Pract.* 2015;21(suppl 1):1-87.

ADA. *Diabetes Care.* 2018;41(suppl 1):S13-S27.

Committee on Obstetric Practice. ACOG. 2011;504:1-3.