

Gestational Diabetes

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Screening for Gestational Diabetes

1. In pregnant women not previously known to have diabetes, screen for GDM at 24–28 weeks gestation.
2. Use a 75-g 2-h Oral Glucose Tolerance Test (OGTT) after at least 8 hours overnight fasting and the diagnostic cut points should be as following:
 - Fasting glucose ≥ 92 mg/dl
 - 1-h glucose ≥180 mg/dl
 - 2-h glucose ≥153 mg/dl

The diagnosis of Gestational Diabetes Mellitus (GDM) is made when any of the above plasma glucose value is exceeded:

Treatment Goals to be Achieved

Blood Glucose Targets	
Fasting and before meals	69 to 94 mg%
One hour after meals	100 to 140 mg%
Two hour after meals	90 to 120 mg%
HbA1c (Glycoselated Haemoglobin) – reflecta average Blood Glucose for last 3 months	Less than 6%

Recommendations after Delivery

1. Screen women with Gestational Diabetes Mellitus for persistent diabetes at 6–12 weeks' postpartum, using a test other than HbA1c.
2. Women with a history of Gestational Diabetes Mellitus should have lifelong screening for the development of diabetes or prediabetes at least every 3 years.
3. Women with a history of Gestational Diabetes Mellitus found to have prediabetes should receive lifestyle interventions or Metformin to prevent diabetes.