

Antenatal pathway for women with pre-existing diabetes

eden

 RELEVANT FOR SECONDARY CARE AND COMMUNITY MIDWIVES

Diabetes Antenatal Clinic

Offer **REGULAR CONTACT** in joint diabetes and antenatal clinics every 1 to 2 weeks throughout pregnancy, for blood glucose management



Blood glucose testing:

Women should be **ADVISED** to test 7 times a day:

- Before meals
- 1 hour after each meal
- Or 2 hours after each meal
- Before bed

Antenatal blood glucose targets:

- <5.3mmol/l before meals
- <7.8mmol/l 1 hour after meals
- Or <6.4mmol/l 2 hour after meals



CGM technology

OFFER to all pregnant women with type 1 diabetes Or women with type 2 diabetes who have:

- problematic severe hypoglycaemia (with or without impaired awareness of hypoglycaemia)
- Or unstable blood glucose levels that are causing concern despite efforts to optimise glycaemic control



Aspirin

START Aspirin 150mg once daily from 12 weeks to 36 weeks of gestation, to reduce the risk of pre-eclampsia



Delivery

ADVISE an elective birth by 38 weeks + 6 days of pregnancy. Consider elective birth before 37 + 0 days. If there are metabolic or any other maternal or fetal complications



High risk growth pathway

START women on a high risk growth pathway if they have pre-existing diabetes



Eyes

ARRANGE retinal screening after the first antenatal clinic appointment (unless done in the last 3 months). Offer retinal screening again at 28 weeks. Offer additional retinal screening at 16–20 weeks if diabetic retinopathy is present at booking.



Kidneys

Perform renal assessment at the first antenatal appointment if it has not been checked in the past 12 months.

CONSIDER REFERRAL

to a nephrologist if:

- serum creatinine is above 120 $\mu\text{mol/l}$
- or the urinary albumin:creatinine ratio is above 30 mg/mmol



HbA1c

MEASURE HbA1c levels in the second and third trimesters of pregnancy for women with pre-existing diabetes to assess the level of risk for the pregnancy



Vitamin D

START Colecalciferol 20 $\text{mcg}/800$ units daily



For further information contact:

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Abbreviations:

GDM – gestational diabetes
OGTT – oral glucose tolerance test
Hypo – hypoglycaemia
CGM – continuous glucose monitoring



Leicester Diabetes Centre

