

Antenatal pathway for women with Gestational Diabetes (GDM)

eden

 RELEVANT FOR SECONDARY CARE AND COMMUNITY MIDWIVES

Diabetes Antenatal Clinic

IDENTIFY risk factors at booking appointment:

- BMI above 30 kg/m²
- Previous macrosomic baby weighing 4.5 kg or more
- Previous gestational diabetes
- Family history of diabetes (first-degree relative with diabetes)
- An ethnicity with a high prevalence of diabetes
- Glycosuria



GDM SCREENING AT 24-28 WEEKS IF RISK FACTOR IDENTIFIED

Post bariatric surgery

Women who have had bariatric surgery will not be able to tolerate an OGTT. If a risk factors for GDM is identified, they should be referred to the diabetes antenatal team who will commence blood glucose monitoring.



Blood glucose testing:

Women should be **ADVISED** to test 4 times a day:

- Fasting
- 1 hour after each meal
- Or 2 hours after each meal



Antenatal glucose targets:

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



Diabetes Antenatal Clinic

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

Delivery

Advise women with uncomplicated gestational diabetes to give birth no later than 40 weeks + 6 days.



GDM screening

with a 75g 2-hour OGTT

REFER to the Diabetes Specialist Midwife if:

- Fasting plasma glucose level is 5.6 mmol/l or above AND/OR
- 2-hour plasma glucose level is 7.8 mmol/l or above.



Dietitian

REFER all women to a Dietitian on diagnosis for diet and lifestyle advice



High risk growth pathway

START women on a high risk growth pathway if diagnosed with GDM



Treatment

CONSIDER insulin and/or metformin, to women with a fasting plasma glucose between 6.0 and 6.9 mmols/l at diagnosis, if there are fetal complications such as macrosomia or polyhydramnios. **OFFER** insulin and/or metformin, if fasting plasma glucose above 7.0 mmols/l at diagnosis.

HbA1c

MEASURE HbA1c levels in ALL women with GDM at the time of diagnosis to identify those who may have pre-existing type 2 diabetes.



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

