Gestational Diabetes Mellitus
Screening Strategy to Detect GDM
Risk assessment should be done at first prenatal visit

**UNIVERSAL SCREENING**
Women who do not meet criteria for high risk

Screen in first trimester with one of the following:
- Fasting glucose OR
- Random glucose OR
- A1C

**Normal screen:**
- Fasting glucose: < 92mg/dl
- Random glucose: < 140mg/dl
- A1C < 5.7%

For normal initial screen:
- Re-screen at 24-28 wk with 2hr. 75 gram OGTT.
- Check fasting, 1 hour and 2 hour values

**Abnormal screen:**
- Fasting glucose: 92-125mg/dl OR
- Random glucose: 140-199mg/dl
- OR
- A1C: 5.7-6.4%

**Diabetes:**
- Fasting glucose: ≥ 126mg OR
- Random glucose: ≥ 200mg/dl

**Normal 2 hr 75 gram OGTT screen:**
- Fasting plasma glucose: < 92mg/dl
- 1 hour plasma glucose: < 180mg/dl
- 2 hour plasma glucose: < 153mg/dl

**Abnormal 2 hr 75 gram OGTT screen:**
- Fasting plasma glucose: ≥ 92mg/dl
- 1 hour plasma glucose: ≥ 180mg/dl
- 2 hour plasma glucose: ≥ 153mg/dl

Treat as pre-existing diabetes

**Normal 2 hr 75 gram OGTT screen:**
- Fasting plasma glucose: < 92mg/dl
- 1 hour plasma glucose: < 180mg/dl
- 2 hour plasma glucose: < 153mg/dl

**Abnormal 2 hr 75 gram OGTT screen:**
- Fasting plasma glucose: ≥ 92mg/dl
- 1 hour plasma glucose: ≥ 180mg/dl
- 2 hour plasma glucose: ≥ 153mg/dl

Re-screen at 24-28 wk with 2hr. 75 gram OGTT.
- Check fasting, 1 hour and 2 hour values

High Risk
- Obesity OR
- Previous History of GDM OR
- Glycosuria OR
- Strong family hx of Diabetes (1° degree relative) OR
- Impaired OGTT or IFG OR
- Previous baby with > 9 lbs birth weight OR
- Previous adverse pregnancy outcomes

Screen as soon as feasible with 2hr, 75 gram OGTT.
- Check fasting, 1 hour and 2 hour values

**Normal 2 hr 75 gram OGTT screen:**
- Fasting plasma glucose: < 92mg/dl
- 1 hour plasma glucose: < 180mg/dl
- 2 hour plasma glucose: < 153mg/dl

**Abnormal 2 hr 75 gram OGTT screen:**
- Fasting plasma glucose: ≥ 92mg/dl
- 1 hour plasma glucose: ≥ 180mg/dl
- 2 hour plasma glucose: ≥ 153mg/dl

Re-screen at 24-28 wk with 2hr. 75 gram OGTT.
- Check fasting, 1 hour and 2 hour values

Treat as GDM

**Plasma values, based on International Association of Diabetes and Pregnancy Study Groups Consensus Panel (IADPSG)
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