



Gestational Diabetes Resources

Direct from the [ADCES Practice Paper](#):

Screening guidelines for Gestational Diabetes Management

- Screen for undiagnosed diabetes at the first prenatal visit in those with risk factors, using [American Diabetes Association diagnostic criteria](#).^{4,5}
- Screen for GDM using a 75-gram Oral Glucose Tolerance Test (OGTT) with plasma glucose measurement fasting, 1-hour and 2-hour or 100-gram OGTT with plasma glucose measurement fasting, 1-hour, 2-hours and 3-hours at 24 to 28 weeks gestation in pregnant women not previously known to have diabetes. ^{4,5}
- Screen for GDM using a “Two-step” approach with a 50-gram non-fasting screen, followed by a 100-gram OGTT for those who screen positive. ^{4,5}
- Screen women with GDM for persistent diabetes at 4 to 12 weeks postpartum, using a 75-gram oral glucose tolerance test (OGTT) and clinically appropriate, non-pregnancy diagnostic criteria. ^{4,5}
- Women with a history of GDM should have lifelong screening for the development of diabetes or prediabetes every 1 to 3 years if the 75-gram OGTT is normal. ^{4,5}
- Women with a history of GDM found to have pre-diabetes should receive intensive lifestyle interventions and/or metformin to prevent diabetes. ⁴

4. Association TAD. 2. Classification and Diagnosis of Diabetes. Diabetes Care. 2018;41(Supplement 1):S20-22.

5. Quiroga, ED. Highlighting the Differences between Preexisting Type 1 and Type 2 Diabetes in Pregnancy and Gestational Diabetes. On the Cutting Edge.2016; 37, 4:5-10.