Diabetes – Gestational Diabetes

Key Highlights

- All pregnant women should be screened for gestational diabetes between 24-28 weeks of gestation. Women with risk factors should be screened in the first trimester and re-assessed if negative.

- Women with gestational diabetes should aim for a preprandial plasma glucose (PG) <5.3 mmol/L, a 1 hour postprandial PG <7.8 mmol/L and a 2 hour postprandial PG <6.7 mmol/L

- If nutrition therapy does not achieve target levels within 2 weeks, start insulin.

Scope

This guideline is intended for physicians who care for patients with diabetes or who are at risk for developing diabetes. Recommendations include both type 1 and type 2 diabetes unless only one is specified.

Excellent/Good Evidence to Recommend

- Women with gestational diabetes should aim for a 1 hour postprandial plasma glucose of <7.8 mmol/L

- If insulin therapy is used (see below) then up to 4 injections per day should be considered.

Fair Evidence to Recommend

- For screening for Gestational Diabetes, plasma glucose should be measured 1 hour after a 50-g glucose load. A level ≥10.3 mmol/L is diagnostic of Gestational Diabetes.

- Women with gestational diabetes should conduct frequent home monitoring of fasting and postprandial blood glucose.

Consensus

SCREENING

- All pregnant women should be screened for Gestational Diabetes between 24 and 28 weeks’ gestation. Women with multiple risk factors should be screened during the first trimester and, if negative, should be reassessed during subsequent trimesters

- For screening for Gestational Diabetes, if the 1 hour plasma glucose in the 50-g glucose screening test is 7.8 to 10.2 mmol/L, a 75-g OGTT should be conducted, and fasting plasma glucose (FPG), 1 hour and 2 hour plasma glucose levels obtained. In view of the controversies
about diagnostic tests in this area, other accepted methods may be used

- Women with gestational diabetes should be re-evaluated for type 2 diabetes within 6 months of delivery and counseled on a healthy lifestyle. The preferred test is a 75-g OGTT with 2 hour plasma glucose.

**TREATMENT / TARGET LEVELS**

- Women with gestational diabetes should aim for a preprandial plasma glucose of <5.3 mmol/L and a 2 hour postprandial plasma glucose of <6.7 mmol/L

- If women do not reach target levels within 2 weeks with nutrition therapy, insulin should be started.

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The above recommendations were derived from the following GAC endorsed guideline:

Rating (out of 4): 🍃🍃🍃🍃

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