

Guidelines for Screening for Gestational Diabetes in Lanarkshire

A risk factor assessment should be made at **booking** and a 75g OGTT undertaken at the appropriate gestation if the following risk factors are present:

Risk Factor at Booking	Gestational Age (weeks)
BMI >30	At 24-28 weeks
Previous Macrosomic baby \geq 4.5Kg	At 24-28 weeks
Previous Gestational Diabetes	At booking and if results normal repeated at 24-28 weeks
Family history of type 1 or type 2 diabetes in first degree relative (mother, father, brother, sister)	At 24-28 weeks
Family Origin with high prevalence of diabetes*	At 24-28 weeks

*South Asian- specifically women whose country of family origin is India, Pakistan or Bangladesh. Black Caribbean, Middle Eastern- specifically women whose country of family origin is Saudi Arabia, United Arab Emirates, Iraq, Jordan, Syria, Oman, Qatar, Kuwait, Lebanon or Egypt.

Risk factor assessment is continuous throughout pregnancy and a 75g OGTT should be undertaken as soon as possible (ideally within 1 week) if the following develop during pregnancy:

Risk Factor Developing during pregnancy
Glycosuria ++ on one occasion
Glycosuria + on more than one occasion
Macrosomia (>95 th centile) on estimated fetal weight by scan
Polyhydramnios

Diagnostic Criteria for Gestational Diabetes based on 75g OGTT

Fasting blood glucose \geq 5.6mmol/l

2hr blood glucose \geq 7.8mmol/l

Women with an impaired OGTT result will be directly referred to Lanarkshire Diabetes in Pregnancy Service on receipt of results by the Maternity Day Care Unit staff and should be seen ideally within 1 week.

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