



Abbreviations and Definitions

- **Glucose Screening Test (GST):** fasting or fed plasma glucose value one hour after 50 gram glucose load.
- **Gestational Glucose Tolerance Test (GGTT):** fasting plasma glucose value one hour and two hours after 75 gram glucose load.
- **BGM:** Blood Glucose Monitoring
- **Pre-gestational Diabetes:** patient with diagnosis of diabetes prior to pregnancy.
- **DSMES:** Diabetes Self-Management Education and Support

Block Testing

Monitoring at different times of the day to identify patterns. For example, on some days the patient will check fasting levels, on other days check pre-meal levels, and on other days check levels 1-2 hours post-meal.

Diagnostic Criteria for GDM Utilizing Two Hour 75 g GGTT

Pregnant patient with any of the following:
Fasting glucose ≥ 92 mg/dL
1 hour after oral load, glucose ≥ 180 mg/dL
2 hours after oral load, glucose ≥ 153 mg/dL

BGM Targets

- Fasting glucose < 95 mg/dL
- 2 hour post-prandial glucose < 120 mg/dL
- 1 hour post-prandial glucose < 140 mg/dL

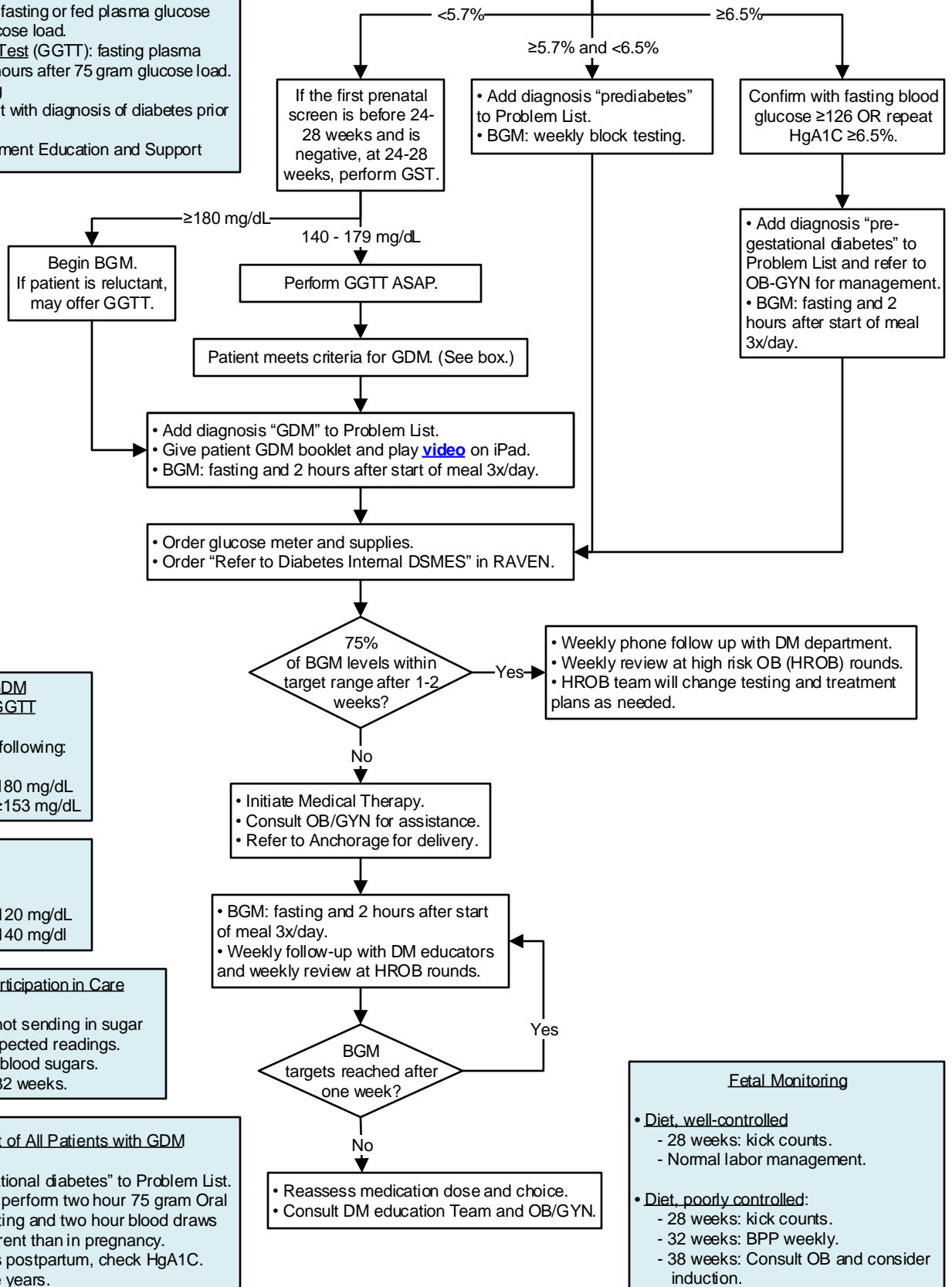
Patients with Suboptimal Participation in Care

- Send letter after two weeks of not sending in sugar logs or two weeks of $< 25\%$ of expected readings.
- Consider admission to monitor blood sugars.
- Consider transfer to ANMC at 32 weeks.

Postpartum Management of All Patients with GDM

- Add diagnosis "History of gestational diabetes" to Problem List.
- At the 6 week postpartum visit, perform two hour 75 gram Oral Glucose Tolerance Test with fasting and two hour blood draws only. NOTE: the criteria are different than in pregnancy.
- As an alternative, at > 12 weeks postpartum, check HgA1C.
- Diabetes screening every three years.

At first prenatal visit, check HgA1C in all patients.



Fetal Monitoring

- **Diet, well-controlled**
 - 28 weeks: kick counts.
 - Normal labor management.
- **Diet, poorly controlled:**
 - 28 weeks: kick counts.
 - 32 weeks: BPP weekly.
 - 38 weeks: Consult OB and consider induction.
- **Insulin-controlled:**
 - 28 weeks: kick counts.
 - 32 weeks: weekly BPP.
 - 32-35 weeks: transfer to Anchorage.