

# DIABETES SCREENING AND REFERRAL IN PREGNANCY

## ALL PREGNANT WOMEN AT BOOKING

### Assess for Independent Risk Factors:

- body mass index above 30 kg/m<sup>2</sup> (For those with a BMI above 40kg/m<sup>2</sup>, please also check a fasting glucose at 16-18weeks gestation. If result is 5.1mmols/l or above refer for education and arrange a metabolic ante natal clinic appointment)
- previous macrosomic baby weighing 4.5 kg or above
- previous gestational diabetes mellitus (GDM)
- family history of diabetes (first-degree relative with diabetes)
- family origin with a high prevalence of diabetes:
  - 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)

≥ 1 RISK FACTOR

NO RISK FACTORS

Check HbA1c at booking  
Access results within 2 working days

Usual Care

HbA1c ≥ 48 mmol/mol  
Likely pre-existing Diabetes

HbA1c 42 - 47 mmol/mol  
Indeterminate for pre-existing diabetes

HbA1c < 42 mmol/mol

Previous GDM

No Previous GDM

REFER FOR  
EDUCATION AND  
ARRANGE AN  
CLINIC  
APPOINTMENT

**ACTION**  
Arrange Oral Glucose Tolerance Test (OGTT) @ 24-28 weeks  
Access results within 2 working days  
*Fast from midnight prior to OGTT*

**If at any time a pregnant woman has;**

- Polyhydramnios (AFI > 30cm)
- Large for Gestational Age (LGA)
- Glycosuria 2+ on **more than** two occasions

**ACTION\***  
Arrange Oral Glucose Tolerance Test (OGTT)  
Access results within 2 working days  
*Fast from midnight prior to OGTT*  
**\*NB If ≥ 36 weeks gestation please discuss with diabetes team prior to arranging OGTT**

**URGENT  
CONTACT WITH  
DIABETES  
SPECIALIST  
NURSES TO  
DISCUSS**

REFER FOR  
EDUCATION AND  
ARRANGE AN  
CLINIC  
APPOINTMENT

**Normal Result**  
Fasting < 5.1mmol/l  
**AND**  
2 Hours < 8.5mmol/l

**NO ACTION**

**Abnormal Result**  
Fasting ≥ 5.1 mmol/l  
**OR**  
2 Hours ≥ 8.5 mmol/l

**GESTATIONAL  
DIABETES  
CONFIRMED -  
REFER FOR  
EDUCATION AND  
ARRANGE AN CLINIC  
APPOINTMENT**

**URGENT  
Abnormal Result**  
Fasting ≥ 7.0 mmol/l  
**OR**  
2 Hours ≥ 11.1mmol/l

**URGENT  
CONTACT WITH  
DIABETES  
SPECIALIST  
NURSES TO  
DISCUSS**

**NB For Diabetes Team** – If diagnosis remains unclear i.e. on diet only with readings to target during HBGM, consider OGTT at 24-28weeks

## REFERRAL PROCESS

