

Flowchart for screening, diagnosing and referring of Gestational Diabetes Mellitus (GDM)

The Royal Hospital for Women

Women at HIGH risk of GDM

(If **One** or more risk factor as detailed in box below)

High risk factors for GDM:

- ✓ **Ethnicity:** Aboriginal/Torres Strait Islander, Asian, South Asian, Pacific Islander, Maori, Middle Eastern, Non-white African
- ✓ **Insulin Resistance** (eg. associated with PCOS)
- ✓ **Maternal Age** ≥ 40 years
- ✓ **Medications** eg. corticosteroids, antipsychotics
- ✓ **BMI** ≥ 30 at pre conception or initial booking
- ✓ **Previous adverse pregnancy outcome** suggestive of undiagnosed GDM eg shoulder dystocia, unexplained stillbirth
- ✓ **Previous baby with birth weight** $>4.5\text{kg}$
- ✓ **Previous GDM**
- ✓ **Strong FHx Diabetes** (1st degree relative with diabetes; sister with GDM)

Fasting 75g OGTT
(ideally ≥ 13 weeks)

Normal OGTT result

Abnormal OGTT result

Repeat 75g OGTT at 24-28 weeks

Women NOT at high risk of GDM

Screen at **24-28 weeks gestation**

Fasting 75g Oral Glucose Tolerance Test (OGTT)

Abnormal OGTT Result

Normal OGTT

Fasting ≥ 5.1 mmol/L

Or

1 hour ≥ 10.0 mmol/L

Or

2 hour ≥ 8.5 mmol/L

No further testing

Refer within 1 week of diagnosis to Diabetes Team via email to: SESLHD-RoyalHospitalforWomen-DiabetesServices@health.nsw.gov.au
OR Fax to: 9382 6118: Phone: 9382 6010

REFERRAL NEEDS TO BE ADDRESSED AS FOLLOWS:
PROF LOWE / DR LAU / DR BEECH

Please include:

- ✓ Copy of 75g OGTT results, weeks of gestation, EDC, relevant medical history, reason for referral
- ✓ patient current phone number
- ✓ Indicate if interpreter required

Diabetes Educator will contact woman within a few days of receipt of referral and will arrange appointments with:

Diabetes Educator, Dietitian and Endocrinologist