

NICE NG3 Diabetes in Pregnancy 2015

- ✓ Diagnosis of gestational diabetes (GDM)

	FBG (mmol/l)	2hr BG post 75g OGTT (mmol/l)
Diagnosis of GDM	≥5.6	≥7.8

- ✓ Follow-up after delivery:
 - Fasting blood glucose 6-13 weeks after birth (use non-pregnant diagnostic criteria) and do not offer an oral glucose tolerance test
 - Life-long annual HbA1c

Useful resources:

- ✓ Diabetes UK information prescriptions for health care professionals
 - <https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/information-prescriptions-qa>

Diabetes UK 2015: Preconception care for women with diabetes

- ✓ <https://www.diabetes.org.uk/professionals/position-statements-reports/specialist-care-for-children-and-adults-and-complications/preconception-care-for-women-with-diabetes>

Key messages:

- ✓ Use effective contraception & avoid pregnancy until have tight HbA1c control
- ✓ Review medications – ACEI & statins need to be stopped
- ✓ Folic acid 5mg (also for those with BMI>30kg/m² without diabetes)

Blood glucose targets during preconception

Fasting plasma glucose levels of 5-7mmol/l on waking

Plasma glucose levels of 4-7mmol/l before meals & at other times of the day

Those who choose not to test after meals should aim for plasma glucose levels of 5-9mmol/l