

## NEW EASTERN HEALTH GESTATIONAL DIABETES MELLITUS (GDM) MANAGEMENT CRITERIA

The Eastern Health Endocrinology Unit and the Obstetrics and Gynaecology Unit have implemented the ADIPS Guidelines 2014 for the management of Gestational Diabetes since January 2015.

([http://adips.org/downloads/2014ADIPSGDMGuidelinesV18.11.2014\\_000.pdf](http://adips.org/downloads/2014ADIPSGDMGuidelinesV18.11.2014_000.pdf)).

This information sheet aims to highlight the main changes in:

- diagnostic criteria
- treatment targets.

### New GDM Diagnostic criteria as of 1<sup>st</sup> January 2015.

Comparison of previous criteria and new criteria for the diagnosis of GDM based on 75g fasting OGTT

	<i>Previous diagnostic criteria</i>	<b>New EH diagnostic criteria from 1<sup>st</sup> Jan 2015</b>
Diagnosis of GDM is made if ONE or more criteria are met.		
<b>Fasting blood glucose</b>	≥ 5.5 mmol/L	≥ 5.1 mmol/L
<b>One hour blood glucose</b>	-	≥ 10.0 mmol/L
<b>Two hour blood glucose</b>	≥ 8.0 mmol/L	≥ 8.5 mmol/L

Example: Previous diagnostic criteria

OGTT	<i>Previous diagnostic criteria</i>	Example 1	Example 2	Example 3
<b>FBG (mmol/L)</b>	≥ 5.5	5.2	5.4	4.9
<b>1 hour glucose (mmol/L)</b>	-	9.5	10.1	10.7
<b>2 hour glucose (mmol/L)</b>	≥ 8.0	7.9	7.9	8.5*H
<b>INTERPRETATION</b>		Normal	Normal	<b>GDM</b>

Example: New EH GDM diagnostic criteria - GDM diagnosed if ONE or more criteria are met.

OGTT	<b>New EH diagnostic criteria</b>	Example 1	Example 2	Example 3
<b>FBG (mmol/L)</b>	≥ 5.1	5.2*H	5.4	4.9
<b>1 hour glucose (mmol/L)</b>	≥ 10.0	9.5	10.1*H	10.7*H
<b>2 hour glucose (mmol/L)</b>	≥ 8.5	7.9	7.9	8.5*H
<b>INTERPRETATION</b>		<b>GDM</b>	<b>GDM</b>	<b>GDM</b>

- Please note that OGTT ordered outside Eastern Health Pathology, may use the previous diagnostic criteria. This may lead to an incorrectly “normal” OGTT interpretation for Eastern Health antenatal patients.
  - To avoid confusion, clinicians are recommended to order their OGTT at Eastern Health.
  - Clinicians ordering OGTT from external pathology groups will need to interpret OGTT results according to the new EH GDM diagnostic criteria, if patients are delivering at EH.

### New GDM treatment targets

	<i>Previous treatment targets</i>	<b>New EH treatment targets from 1<sup>st</sup> Jan 2015</b>
<b>Fasting blood glucose</b>	≤ 5.5 mmol/L	≤ 5.0 mmol/L
<b>Two hour blood glucose</b>	≤ 7.0 mmol/L	≤ 6.7 mmol/L

We appreciate your understanding and ongoing care of antenatal patients at EH. If you have any queries, please contact the site-specific Diabetes Educators or Endocrinology Registrars via 1300 342 255.

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