

Gestational Diabetes (GDM) Postpartum Testing



Prevalence of Gestational Diabetes

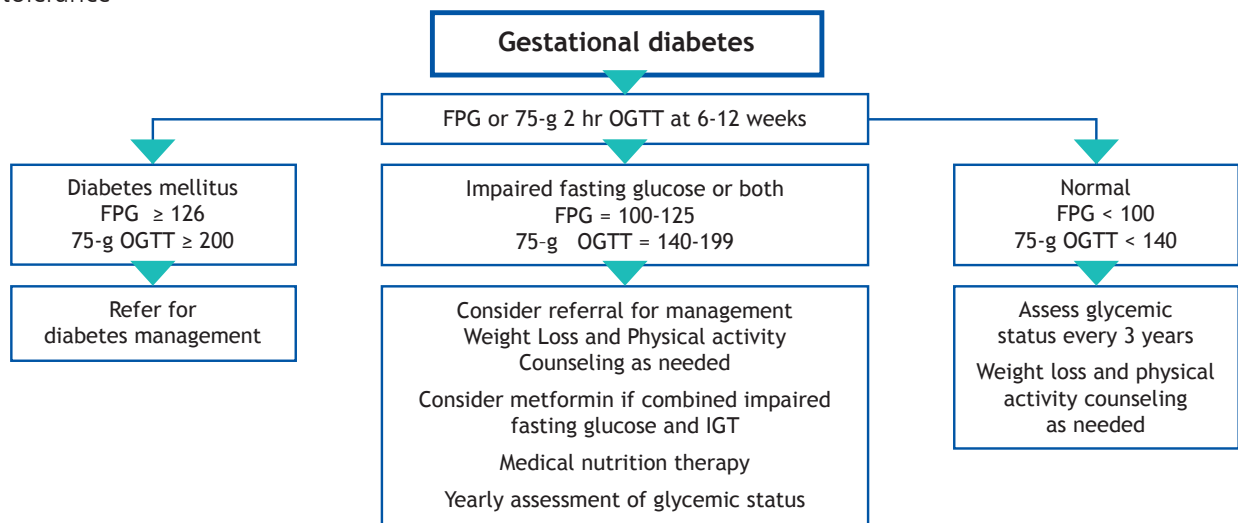
- GDM affects 2 to 10 percent of pregnancies in the United States
- Although carbohydrate intolerance of GDM frequently resolves after delivery, 5 to 10 percent of women develop type 2 diabetes immediately postpartum
- Between 15 to 50 percent of women with gestational diabetes will develop type 2 diabetes in the next 5 – 10 years

Postpartum Testing

- As of June 2009, ACOG recommends extending the time period for postpartum GDM screening test from 6 weeks postpartum to 6 to 12 weeks postpartum
- As of June 2009, ACOG and the 5th International Workshop on Gestational Diabetes now strongly recommend that the 75-g 2-hour oral glucose tolerance test in place of the fasting blood glucose test be done 6-12 weeks postpartum since this test confirms impaired glucose tolerance

Continued Testing for Women Previously Diagnosed with Gestational Diabetes

- If postpartum glucose testing indicates the woman is pre-diabetic, the hemoglobin A1C test is recommended **annually**
- If postpartum glucose testing indicates that the woman's glucose level is within normal limits, the hemoglobin A1C test is recommended **every 3 years**
- The 2010 American Diabetes Association (ADA) standards of medical care now recommends the use of the hemoglobin A1C in *diagnosing* diabetes (non-pregnant), with test results $\geq 6.5\%$ indicating type 1 or type 2 diabetes



Abbreviations: FPG – Fasting Plasma Glucose; OGTT – Oral Glucose Tolerance Test; IGT – Impaired Glucose Tolerance

Sources: Diabetes Care, January 2010, Vol. 33, Suppl: S3, S5, S15, S68.
ACOG Committee Opinion No. 435, American College of Obstetricians and Gynecologists Obstet Gynecol 2009; 113:1419-1421
Women and Diabetes, NC Diabetes Prevention and Control Fact Sheet, February 2009