### Gestational DM Class A-1
**Definition:** Diet controlled diagnosed during pregnancy
- Nutrition Consult
- Exercise physiologist consult
- Home glucose monitoring (fasting and postprandial)
- Ultrasound
  - 20-22 weeks
  - 29-33 weeks (Low dose insulin if abdominal circumference > 90th percentile, or > 3 wks past biometry)

**Monitoring**
- 28 wk - 26.0; 29 wk - 27.2; 30 wk - 28.3; 31 wk - 29.4; 32 wk - 30.4; 33 wk - 31.5)
- Kick counts at 32 weeks

**Prenatal visits:** Every 4 weeks until 36 weeks, then weekly
**Delivery:** 40-41 weeks if in adequate control
**Post partum:** 75 gm OGTT evaluated by non-pregnant adult ADA DM criteria at 6 weeks and then FPG q 3 year

### Gestational DM Class A-2
**Definition:** Unsuccessful control of blood glucose levels following two weeks of nutritional counseling
- Ongoing nutritional counseling
- Exercise physiologist consult
- Home glucose monitoring (Goal > 50% normal BS)
- Insulin therapy, Metformin, Glyburide (counsel oral agents not FDA approved)
- Ultrasound
  - 20-22 weeks
  - At diagnosis and then every 4 weeks

**Monitoring** (see monitoring flowsheet)
- Kick counts at 32 weeks
- 32 weeks NST twice weekly and amniotic fluid volume (AFV) q week

**Prenatal visits:** After glycemic control then at least every 4 weeks until 36 weeks, then weekly
- Poor control (< 50% normal BS) – weekly visits

**Delivery:** If good early dating, then cervical ripening at 39 weeks – if not optimal control (<50% normal), polyhydramnios, etc then 38 wks
**Post partum:** 75 gm OGTT evaluated by non-pregnant adult ADA DM criteria at 6 weeks and then FPG q 3 year

### Pregestational or Overt DM
**Diagnosis**
- **1st Visit:** Random glucose, Hgb Alc, or fasting plasma glucose (FPG)

**Overt DM**
- Hgb Alc ≥ 6.5%
- FPG ≥ 126 mg/dL
  - Random plasma glucose ≥ 200 mg/dL + confirmation

**Indeterminate Results**
- If Hgb Alc 5.7-6.4%, or Random glucose 140-199 mg/dL, then consider FPG testing prior to 24 weeks

**DM**
- FPG ≥ 126 mg/dL
  - 24-28 wks, or later: 75 gm OGTT - one abnormal value
- FPG ≥ 92 mg/dL
  - 1HR ≥ 180 mg/dL
  - 2 HR ≥ 153 mg/dL

### Lab/Ultrasound Results
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<tr>
<th>Name</th>
<th>Initials</th>
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**Reviewed 2/23/19njm**