

Table 14. POSTPARTUM RECLASSIFICATION OF A WOMAN WITH ABNORMAL GLUCOSE TOLERANCE DURING PREGNANCY. (GDM), revised 2004

From the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus: Follow-up Report on the Diagnosis of Diabetes Mellitus. Diabetes Care 2004; 27) Supplement1-p S12.

The American Diabetes Association Expert Committee on the Diagnosis and Classification of Diabetes Mellitus recommends that a woman who had gestational diabetes be tested at 6 weeks or more postpartum to reclassify their diabetes. Diagnosis of diabetes/prediabetes can be done using the following methods:

- ◆ Fasting plasma glucose ≥ 126 mg/dl is considered abnormal and diagnostic of diabetes mellitus. Fasting is defined as no caloric intake for at least 8 hours* (see note below).
- ◆ Fasting plasma glucose of 100-125 mg/dl is considered to be an impaired fasting glucose (IFG) and is indicative of pre-diabetes.*
- ◆ 2-hour plasma glucose 140-199 mg/dl is considered indicative of impaired glucose tolerance (IGT) and is indicative of prediabetes.*
- ◆ 2-hour plasma glucose ≥ 200 mg/dl during a 75-gram 2-hour glucose tolerance test is diagnostic for diabetes.*
- ◆ Casual plasma glucose concentration ≥ 200 mg/dl with symptoms of diabetes is diagnostic. Casual is defined as plasma glucose levels taken without regard to time of the last meal.*

*In the absence of unequivocal hyperglycemia and acute metabolic decompensation, these criteria should be confirmed by repeat testing on a different day.

Note: The FPG is less sensitive than the 2h OGTT when diagnosing abnormal glucose metabolism. (diabetes and prediabetes). Up to half the abnormalities can be missed by using FPG alone. For women with previous GDM who are at high risk for abnormal glucose metabolism Sweet Success recommends using the 75 gm 2H OGTT. See below:

Author	Journal	Year	Missed IGT/T2 by FPG alone
Gabbe, S G, et al	Obstetrics & Gynecology	2003	1/3
Ace Position on IRS	Endocrine Practice	2003	More sensitive than FPG
Richards, J L, et al	Diabetes Medicine	2002	89%
Costa, A et al	Diabetes Medicine	2000	Use OGTT for GDM
Damm, P	Dan Medical Bulletin	1998	17%
Dornhorst, A, et al	Diabetes Care	1999	60%
Ko, G, et al	Diabetes Care	1999	2 hr value key predictor of DM w/i 4 yrs
Langer, O, et al	Amer Journal Ob/GYN	1999	64%
Morrison, J, et al	Diabetes Care	1998	60%