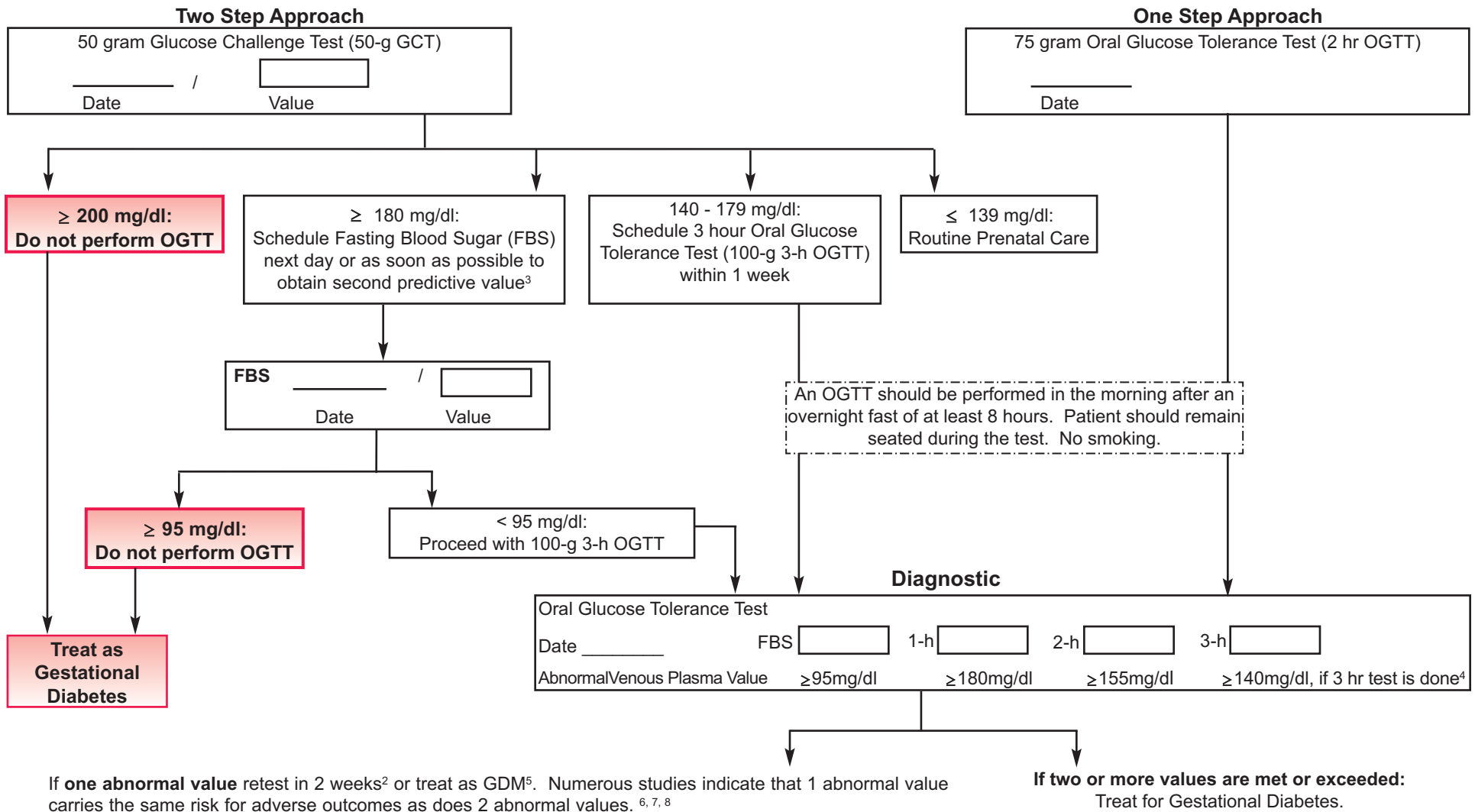


# Gestational Diabetes Screening & Diagnosis Worksheet <sup>1, 2</sup>

- First Prenatal Visit.** Screen and test clients who present with one or more of the following risk factors:
  - Obesity (BMI 29 or higher)
  - Previous history of: gestational diabetes, macrosomia, 1st degree relative w/ DM, IGT or IFG
  - Presence of glucosuria
  - Diagnosis of PCOS
  - High risk ethnic group: African American, Native American, Hispanic/Latina, Asian American, Pacific Islander
  - Medications which adversely affect normoglycemia

**24-26 weeks:** Screen and test all clients not as yet identified as having gestational diabetes. If early screening was normal, repeat evaluation.

**NOTE:** if a random BG is  $\geq 200$  mg/dl or a fasting BG is  $> 125$  mg/dl, no testing is necessary. These values are consistent with diabetes outside of pregnancy.



1. American Diabetes Association, 2008. 2. ACOG Practice Bulletin, Sept 2001. 3. Carr, DC and Gabbe, S, 1998. 4. Carpenter, et al, 1997. 5. California Diabetes and Pregnancy Program, 2002. 6. Lemieux, L., et al, 2004. 7. Lindsay, M.K., et al, 1998. 8. McLaughlin G. et al, 2006.