

How should patients with GDM be screened in the postpartum period?

ACOG recommends that *all* patients with GDM be screened 6-12 weeks postpartum. They should receive either a FBS or a 75 gram 2 hour oral GTT. While a FBS is easier to perform it lacks sensitivity to diagnose other forms of abnormal glucose metabolism. Therefore, the Fifth International Workshop on GDM recommends the 75 gram GTT (draw a FBS and then give a 75 gram glucose load and draw a single plasma sample at 2 hours).

	FBS	2 Hour Glucose	Management
Normal	<100	<140	Re-test every 3 years
Impaired	100 - 125	or 140 - 199	Counseling for weight loss, exercise, nutrition and consideration for metformin (if both are abnormal). Re-test yearly.
Diabetic	\geq 126	or \geq 200	Refer for Diabetic Management