

# Acog gestational diabetes guideline 2013

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### ACOG Guidelines for Gestational Diabetes\*\*

The American College of Obstetricians and Gynecologists (ACOG) provides evidence-based guidelines for the management of gestational diabetes.

### Guidelines for Screening and Diagnosis

- **Criteria for Testing:** All pregnant women should be screened for GDM between 24 and 28 weeks of gestation.
- **1-Hour GTT Cutoff:** A 50g 1-hour glucose tolerance test (GTT) cutoff value of 130 mg/dL or higher indicates the need for further testing.
- **2-Hour 75g OGTT:** Women who fail the 1-hour GTT should undergo a 2-hour 75g oral glucose tolerance test (OGTT).

### OGTT Values for GDM

- Fasting: <92 mg/dL
- 1-hour: <180 mg/dL
- 2-hour: <153 mg/dL

### Cutoff for Gestational Diabetes

A diagnosis of gestational diabetes is made if at least two of the following OGTT values are met or exceeded:

- Fasting: ≥92 mg/dL
- 1-hour: ≥180 mg/dL

- 2-hour:  $\geq 153$  mg/dL

## Treatment Guidelines

- **Target Blood Sugar:** Fasting: 70-90 mg/dL, 1-hour postprandial:  $<140$  mg/dL, 2-hour postprandial:  $<120$  mg/dL
- **Glycemic Control:** Dietary modifications, physical activity, and insulin or other medications may be necessary to maintain blood sugar within target ranges.

## Other Recommendations

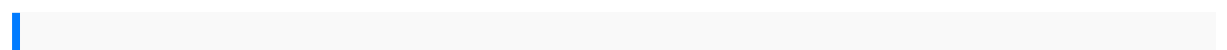
- **Between Pregnancies:** Women with a history of GDM have an increased risk of developing type 2 diabetes in the future and should follow healthy lifestyle recommendations.
- **Delivery Timing:** In most cases, delivery is recommended around 37-39 weeks of gestation to reduce the risk of complications.

## NICE Guidelines for GDM Levels

The National Institute for Health and Care Excellence (NICE) in the UK also provides guidelines for the management of gestational diabetes. These guidelines are generally similar to ACOG recommendations.

## Additional Information

- ACOG: American College of Obstetricians and Gynecologists
- GDM: Gestational diabetes mellitus



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