



ACOG PRACTICE BULLETIN SUMMARY

Clinical Management Guidelines for Obstetrician–Gynecologists

NUMBER 190, FEBRUARY 2018

(Replaces Practice Bulletin Number 180, July 2017)

For a comprehensive overview of gestational diabetes mellitus, the full-text version of this Practice Bulletin is available at <http://dx.doi.org/10.1097/AOG.0000000000002501>.



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Committee on Practice Bulletins—Obstetrics. This Practice Bulletin was developed by the American College of Obstetricians and Gynecologists Committee on Practice Bulletins—Obstetrics with the assistance of Aaron B. Caughey, MD, PhD, and Mark Tumestine, MD.

INTERIM UPDATE: This Practice Bulletin is updated as highlighted to reflect a limited, focused change to clarify and provide additional information on the pharmacologic treatment of gestational diabetes mellitus. For complete details on these updates, please see the full-text version.

Gestational Diabetes Mellitus

Gestational diabetes mellitus (GDM) is one of the most common medical complications of pregnancy. However, debate continues to surround the diagnosis and treatment of GDM despite several recent large-scale studies addressing these issues. The purposes of this document are the following: 1) provide a brief overview of the understanding of GDM, 2) review management guidelines that have been validated by appropriately conducted clinical research, and 3) identify gaps in current knowledge toward which future research can be directed.

Clinical Management Questions

- ▶ *How is gestational diabetes mellitus diagnosed?*
- ▶ *What are the benefits of treating gestational diabetes mellitus?*
- ▶ *How should blood glucose be monitored in a woman with gestational diabetes mellitus?*
- ▶ *What nonpharmacologic treatments are effective in managing gestational diabetes mellitus?*
- ▶ *What pharmacologic treatments are effective in managing gestational diabetes mellitus?*
- ▶ *Is fetal assessment indicated in pregnancies complicated by gestational diabetes mellitus?*
- ▶ *What are delivery considerations in pregnancies complicated by gestational diabetes mellitus?*
- ▶ *How should women with a history of gestational diabetes mellitus be screened and counseled postpartum?*



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