Diabetes Management in Pregnancy

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Incidence of Diabetes in pregnancy (type 1 and 2)

Diagnosis

Management

Antepartum and postpartum

- Type 1
- Insulin
- Type 2 and Gestational Diabetes
- Diet
- Insulin

Complications

Gestational hypertension
Preterm birth
Macrosomia, polyhydramnios
IUGR
Stillbirth
Neonatal complications (hypocalcemia/glycemia, hyperbilirubinemia)

Diagnosis

Type 1: mostly diagnosed previous to pregnancy
Type 2: some diagnosed previous to pregnancy
some early in pregnancy (HbA1c, FBG)
Gestational Diabetes: glucose tolerance mid pregnancy
1h GTT, 3h GTT

No Disclosures
Management
Antepartum

General obstetric management
- Preconception counseling
- Ultrasounds
- Laboratories
- Antenatal testing
- Delivery timing

Diet
- 3 small meals
- 2-4 snacks

- Carbohydrates: 40%
- Proteins: 20%
- Fats: 40% (saturated fats <7%)

Insulin management

Type 1
- Glucose diary with documentation of fasting and postprandial values
- Insulin (pump or injectable)

Type 2
- Glucose diary with documentation of fasting and postprandial values
- Start or modify treatment if values outside the normal range over a week depending:
  - ◆ If not previous medications
  - ◆ If previous metformin/sulfonylurea
  - ◆ If previous insulin

### Gestational Diabetes

Lifestyle management (70-85% alone)

Medications:
- Insulin (preferred)
- Sulfonylureas
- Metformin

### Insulin initiation

Simplest regimen
- 4x day

Adjustments in the range of 10-20%

BG checks 6x day

### Types of insulin

- Type 2 or GDM
  - Which value is off? Fasting, pre-prandial or postprandial? All?
  - Fasting only approach
  - Postprandial approach
  - All values

### Management Postpartum

Type 1
- Continue BG testing (fasting and postprandial)
- Decrease total daily insulin by 30-50%
Type 2
- Continue to check BG postpartum (fasting and postprandial)
- May not need medications if not on medication/insulin previous to pregnancy

GDM
- No need to check blood glucose postpartum
- 6 weeks 2h GTT
- Consider FBG every 1-3 years

Progression to diabetes
- Decreased by 35% in women with history of GDM
- 40% in women with history of prediabetes
- If lifestyle modifications and metformin over 10 years.

Also important to know

Insulin during labor

DKA