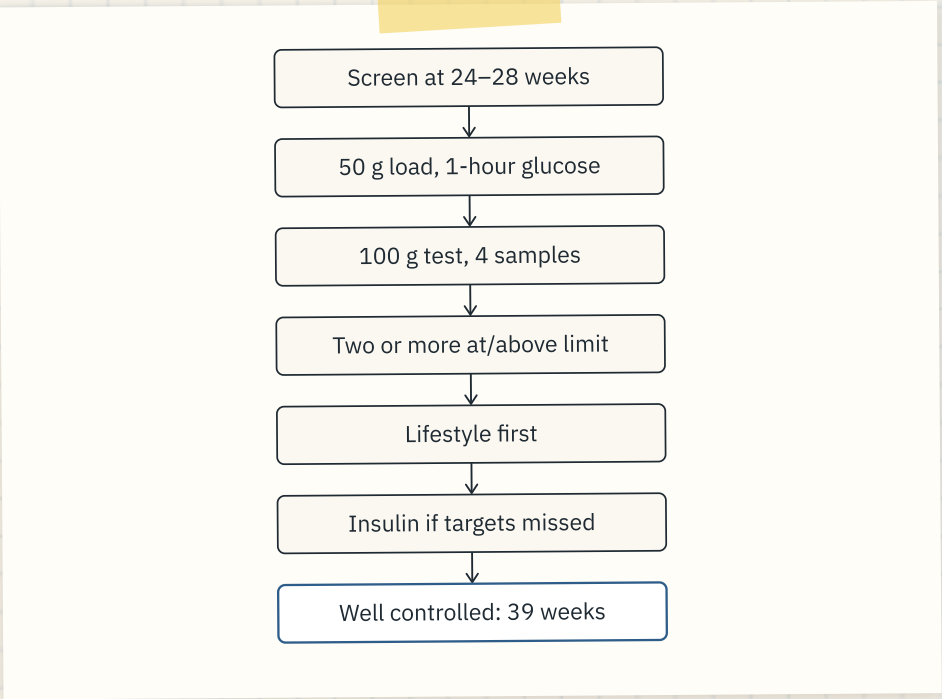
Gestational diabetes in brief

Screen, diagnose, then step up treatment



Step by step

1. Screen at 24–28 weeks: 50 g load, 1-hour glucose
2. Positive (130–140 mg/dL or higher): 100 g, 3-hour test
3. Two or more abnormal values: diagnosis
4. Lifestyle first; drugs if targets missed after about 2 weeks
5. Well controlled: deliver from 39 weeks; retest 4–12 weeks after birth

Fasting	1 h	2 h	3 h
95	180	155	140

Carpenter-Coustan limits, 100 g test (mg/dL)

Rule of thumb

One abnormal value is not enough: two or more

Lifestyle first, insulin second

Glyburide crosses the placenta: discouraged

Exam traps

- One abnormal value does not diagnose gestational diabetes.
- A new diagnosis does not start with insulin.
- Glyburide is discouraged: it crosses the placenta.

Gestational diabetes: screening, diagnosis and management

Video, written lesson, practice question and sources: medservatory.com/usmle-step-2-ck/ob-gyn/gestational-diabetes-testing-and-management

For exam study only, not medical advice. Follow local guidelines and your lab's ranges.
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