

Freedom of Information Act 2000

The Royal Cornwall Hospitals NHS Trust Response to Information request

Date Request Received: 21st May 2025

FOI Ref No 28916

Requested Information:

I would like to make a freedom of information request to access your NHS trust's guideline that covers the screening and management of diabetes in pregnancy or gestational diabetes.

I am interested to know in detail how your trust screens pregnant women who have a history of gestational diabetes in a previous pregnancy for gestational diabetes in their subsequent pregnancy. This would include multiple details that would be best covered by receiving the full guideline, including i) method(s) of screening for gestational diabetes in those with previous gestational diabetes (such as early capillary blood glucose monitoring, glucose tolerance tests, random blood glucose, HbA1c etc.) ii) diagnostic thresholds for method of screening iii) gestation that screening method occurs and whether it is repeated or continued throughout the pregnancy iv) whether any treatment or specific advice is given at the start of pregnancy to mothers with a history of previous gestational diabetes prior to the results of any screening test.

Response:

Anyone who presents at booking with previous gestational diabetes is offered an early oral glucose tolerance test (OGTT) (ie as soon as possible after booking)

This would then be repeated at 26 weeks if the booking test was normal.

Some would prefer to monitor capillary glucose levels instead of a glucose tolerance test. As per NICE guidance this would be accommodated.

Diagnosing gestational diabetes following a OGTT - Fasting glucose <5.6 & 2 hour value <7.8 mmol/L

Diagnosis of GDM following capillary glucose monitoring would be made with the Multi-disciplinary team unless all readings were in the normal range or were obviously elevated. Initially this would involve 5 days of glucose monitoring.

We do not routinely offer random glucose or HbA1c to diagnose gestational diabetes.

Following a gestational diabetes diagnosis women are advised of the increased chance of developing GDM in a future pregnancy and the risk of developing type 2 diabetes. They can also self-refer to the Diabetes Prevention Programme.

Attachment(s):

Appendix one - FOI Ref 28916 Clinical Guideline

Date Response sent: 22nd May 2025