

Clinical Guideline

GLUCOSE TOLERANCE TEST (GTT): ABNORMAL RESULT IN PREGNANCY

SETTING	Trust-wide
FOR STAFF	For obstetricians, midwives and any other clinicians involved in the care of pregnant women
PATIENTS	For all women who do not have pre-existing diabetes, who undergo a glucose tolerance test (GTT) in pregnancy

Guidance

UH Bristol follows NICE guidelines to define an abnormal GTT as:

- Fasting blood sugar level of ≥ 5.6 mmol/l;
- Two hours post 75g glucose load level of ≥ 7.8 mmol/l.

Arrangements should be in place to ensure prompt follow up of GTT result. Results should be looked up and abnormal results referred within a maximum of seven days. This is the responsibility of the person who ordered the test.

To refer an abnormal result, complete the abnormal GTT referral form (appendix one) and

- Email the result directly to the diabetes specialist midwife (DSM) [REDACTED] **AND** every effort should be made to contact the woman to explain that she has had an abnormal result prior to a referral to the diabetes specialist midwife being made.

Women will be contacted by the DSM within one week of receiving referrals, for:

- A discussion around the risks and long term implications of gestational diabetes mellitus (GDM).
- Dietary advice and health education.
- Commencement of capillary blood glucose monitoring where appropriate.
- Arranging appropriate growth scans and follow-up appointments in a consultant clinic.

Audit Standards

- Women who have an abnormal GTT result are contacted within one week of referral by diabetes specialist midwife or her deputy (100%)
- The guideline will be audited annually using the above audit standard.
- The audit results will be presented to the women's multi-professional audit meeting
- The report will be tabled at the Antenatal Working Party (ANWP) and it is this working party's responsibility to action any recommendations from the audit.
- The ANWP will report to the Women's Clinical Governance Group on an annual basis.

Table A

REFERENCES	NICE (2008) Diabetes in Pregnancy NICE clinical guideline 63. www.nice.org.uk
RELATED DOCUMENTS AND PAGES	Diabetes in Pregnancy (Gestational) http://nww.avon.nhs.uk/dms/download.aspx?did=179
AUTHORISING BODY	Antenatal Working Party
SAFETY	n/a
QUERIES AND CONTACT	[REDACTED] diabetes specialist midwife- ext 21094 or email [REDACTED]@nhs.uk

Appendix 1 – Referral Form

St Michaels Hospital

Referral form to Diabetes Specialist Midwife (DSM)

With abnormal Glucose Tolerance Test (GTT) result for a St Michaels booked patient.

UH Bristol current definition of abnormal GTT in pregnancy is:

- **Fasting blood glucose level of ≥ 5.6 mmol/l**
- **2hrs post 75g glucose load of ≥ 7.8 mmol/l**

Patient name:

DOB:

T Number:

Interpreter needed?

If yes, language required:

Current Lead Professional:

Up to date contact number (s):

G:

P:

EDD:

Relevant medical/obstetric history:

Indication for GTT:

Date of test:

Gestation at time of GTT:

Fasting Level:

2hr Level:

Date of referral:

Name and Contact details of referring midwife:

Please email results to ubh-tr.st.michaels_antenatal_clinic@nhs.net, and

[Redacted]

[Redacted]