



Follow-up of gestational diabetes through specialist care

You have just undergone an oral glucose tolerance test at the maternity department. Your glucose (sugar) level was higher than normal, indicating that you have developed gestational diabetes. As high glucose levels can affect your health and the health of your baby, it is important that this condition is treated. You will now be given hospital referral for further evaluation and treatment.

In 2015, the Swedish National Board of Health recommended new (lower) glucose thresholds for the diagnosis of gestational diabetes. The recommendation is based on venous blood sampling (using a thin catheter in the bend of the arm at the elbow) instead of capillary blood sampling (finger-stick), which is less reliable. The introduction of the new thresholds will result in an increase in the number of women who are diagnosed with gestational diabetes, but the implications for health are not yet clear. Before any formal introduction of the new thresholds, the effects on the health of the mother and her child will be evaluated on a nationwide level, starting in September 2017. In Skåne, the hospitals in Kristianstad, Lund, and Malmö will participate in the evaluation. If you are referred to any one of these hospitals, you will be offered a new oral glucose tolerance test with venous blood sampling to confirm the diagnosis of gestational diabetes, including further follow-up and treatment.

Specialist physicians at
Kunskapscentrum kvinnohälsa and Skånes universitetssjukvård

Karin Hallstedt
Kerstin Berntorp
Helena Strevens