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 My No.)
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 Your No.)
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 Date) 24.11.2014

සෞඛ්‍ය අමාත්‍යාංශය சுகாதார அமைச்சு Ministry of Health

All Provincial Directors of Health Services
 All Regional Directors of Health Services
 All Medical Officers – Maternal and Child Health
 All Medical Officers of Health

Guideline on screening for Diabetes during pregnancy

We have noticed that there are so many discrepancies regarding implementation of guideline on screening for diabetes during pregnancy. Herewith I would like to enlighten you on the current guideline on screening for diabetes during pregnancy. Please be kind enough to make aware and ensure that the relevant staff adheres to the following guideline.

- **All pregnant women** should be screened for diabetes at the first visit unless they are already known to have diabetes. This should be performed as early as possible, preferably before 12 weeks, in order to diagnose previously undetected diabetes.
- Those who are negative for diabetes at the first visit should be screened for GDM again at 24-28 weeks of gestation.
- Women who are known diabetics should not undergo further screening or diagnostic tests. They should be commenced on glycaemic control measures immediately under the supervision of obstetrician or physician.
- Screening using fasting blood glucose, random blood glucose, 50g glucose challenge test, HBAIC or urinalysis for reducing substances is **not recommended**.
- The recommended test to screen diabetes during pregnancy in the field setting is **one stage, non- fasting 75g OGCT**.

One stage, non- fasting 75g OGCT as described by the Diabetes in Pregnancy Study Group of India (DIPSI) is recommended for screening at the first visit and at 28 weeks.

In this method 75g oral glucose load is given to the woman irrespective of the fasting status. Therefore a woman could be subjected to a GTT at any time, without the woman having to fast. A load of 75g of glucose dissolved in 300 ml water is given over 3-5 minutes. The water may be flavoured with lime juice. The plasma glucose level is measured after a period of two hours by using a glucometer. If the 2- Hour blood glucose is more than 140mg/dl, refer the woman for specialized care. This is the recommended test for both field and non specialized institutions.

The following logistics to perform these tests are provided by the Family Health Bureau.

- Glucometers
- Glucose test strips
- 75g glucose sachet packets

Please make necessary arrangements to get these for your district through RMSD.

In situations where the above test is not possible, (Inability to tolerate glucose or non availability of facilities) a 2hour PPBS is an alternative.

2 hour Post Prandial Blood Glucose Testing (PPBS)

Advise the woman to have a normal diet. The time of starting the meal needs to be noted. The meal should be completed within 15 minutes. The two-hour cut off is calculated from the time of starting the meal. At the end of two hours blood sample should be tested for blood sugar levels using glucometer or other laboratory method. If the PPBS is more than 120 mg/dl, refer the mother for specialized care.

Please make necessary arrangements to implement the above guideline on screening for diabetes during pregnancy in your district. Your co-operation in this regard will be highly appreciated.

Thank you,
Yours sincerely,


Deputy Director General (PHS II)
Ministry of Health