



== NEW TEST ANNOUNCEMENT ==
Glucose Tolerance, OB, 2 hour
NLL Test# 24205

Starting February 16, 2011, Nebraska LabLinc will begin offering a new glucose tolerance test for the diagnosis of *gestational diabetes*. In the most recent publication of Diabetes Care (January 2011), the American Diabetes Association (ADA) is recommending the use of a 75 gram oral glucose tolerance test with blood samples collected at fasting, 1 hour and 2 hour intervals. The tolerance also includes new diagnostic criteria. The ADA recommends replacing the current 100 gram oral 3 hour glucose tolerance with the new revised 2 hour tolerance.

After deliberations in 2008-2009 and carefully reconsidering the current diagnostic criteria of gestation diabetes mellitus (GDM), the International Association of Diabetes and Pregnancy Study Groups (IADPSG), an international consensus group with representatives from multiple obstetrical and diabetes organizations including the ADA developed the new diagnostic testing and criteria.

The new ADA recommendations state:

“In pregnant women not known to have diabetes, screen for GDM at 24-28 weeks of gestation, using a 75-gram 2 hour oral glucose tolerance test.” The diagnosis is made when any **one** of the diagnostic reference range values are exceeded.

The ADA recognizes the “new criteria will significantly increase the prevalence of GDM, primarily because only one abnormal value, not two, is sufficient to make the diagnosis”. The diagnostic criteria changes are being made “in the context of worrisome worldwide increases in obesity and diabetes rates, with the intent of optimizing gestational outcomes for women and their babies”.

Reference Ranges (Diagnostic Criteria):

The diagnosis of GDM is made when any of the following glucose values are exceeded:

- Fasting Glucose: > 91 mg/dL
- 1 hour Glucose: > 179 mg/dL
- 2 hour Glucose: > 152 mg/dL

Specimen Collection and Requirements:

Container/Tube: Serum gel tube(s)

Specimen Volume: 1 mL of serum, separated from the cells.

Collection Instructions:

- Overnight fast (8-12-hour) recommended.
- Draw a fasting blood specimen.
- Administer 75 gram of glucose solution.
- Specimens are drawn at 1- and 2- hours post glucose solution.

Stability:

Serum: Stable at room temperature for 1 day and refrigerated up to 7 days.

Day(s) Test Set Up:

Daily

CPT Code:

82951