

APPENDIX 3: GESTATIONAL DIABETES – INSULIN REGIME PERI-DELIVERY

All regular diabetes treatments (Lantus, Novorapid and oral agents to stop as soon as established labour or evening prior to morning elective caesarean section delivery (unless otherwise specified in delivery plan)

Monitor BM's hourly during labour / peri-operatively (from morning of elective CSD). Commence 5% dextrose 8 hrly with 20mmol KCl added per litre if BM's consistently < 5.0 mmol/L

If BM's > 7 mmol/L IV insulin according to standard sliding scale and 5% Dextrose (+20mmol KCL) 1 litre per 8 hrs to be commenced.

Any required deviations from standard sliding scales, (1) (2) or (3) see later, to have been pre-agreed in written delivery plan (preferably prior to 36 weeks gestation) where insulin requirements during latter pregnancy may have indicated need for modified personalised sliding scale

Where no pre-specified plan start with sliding scale (1)

On delivery of placenta any sliding scale is stopped (unless otherwise specified in delivery plan). Dextrose infusion may be continued according to clinical need

These same sliding scales can be applied for glycaemic control after Betamethasone injections. In this context, however, any basal insulin (eg Lantus) is continued and prandial insulin (eg novorapid) doses temporarily suspended.

Worked example:

Gestational Diabetic at 36 weeks requiring 20 units Lantus at bedtime and 6 units novorapid with each meal (ie 18 units per 24 hrs). Labour confirmed at 6 pm (38 weeks gestation). No further sc insulin doses to be given. BM maintained < 7 mmol/L therefore no sliding scale insulin required; However BM's 4.5 then 3.8 on consecutive tests 1 hour apart necessitating 1 litre 5% dextrose with 20mmol KCL set to run over 8 hours to prevent hypoglycaemia. Baby delivered at 2am. Dextrose infusion discontinued at 3am as BM's stable.

IF DIABETIC CONTROL NOT MAINTAINED (bm's > 14) THE DIABETIC TEAM SHOULD BE CONTACTED FOR ADVICE (on-call medicine middle grade if out of hours)

REMEMBER although basal insulins (eg Lantus) are stopped they have long half lives and sliding scales need to take this into account. Furthermore need to remain vigilant for post-delivery hypoglycaemia for up to 48 hrs.