

The Use of Glucose Screen Test Alone in Diagnosing Gestational Diabetes Mellitus in Bahrain-Preliminary Report

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Objective: To establish a cutoff point where gestational diabetes mellitus (GDM) can be diagnosed based on the one-hour glucose challenge test (GCT) alone without doing the Oral Glucose Challenge test (OGTT).

Setting: Ministry of Health, Bahrain.

Design: Retrospective.

Method: All pregnant ladies with positive screen test of at least 7.8 mmol/l in 2002 were identified and their subsequent oral glucose challenge test (OGTT) evaluated.

Result: Two thousand six hundred and forty-eight ladies with a positive screen test were identified. Five Hundred and sixty-two had GDM and 537 had impaired glucose tolerance test (IGT). The ROC curve yielded a cutoff value of 11.05 mmol/L with high specificity and low false positive results.

Conclusion: GDM can be diagnosed from the GCT using a value of 11.05mmol/L.