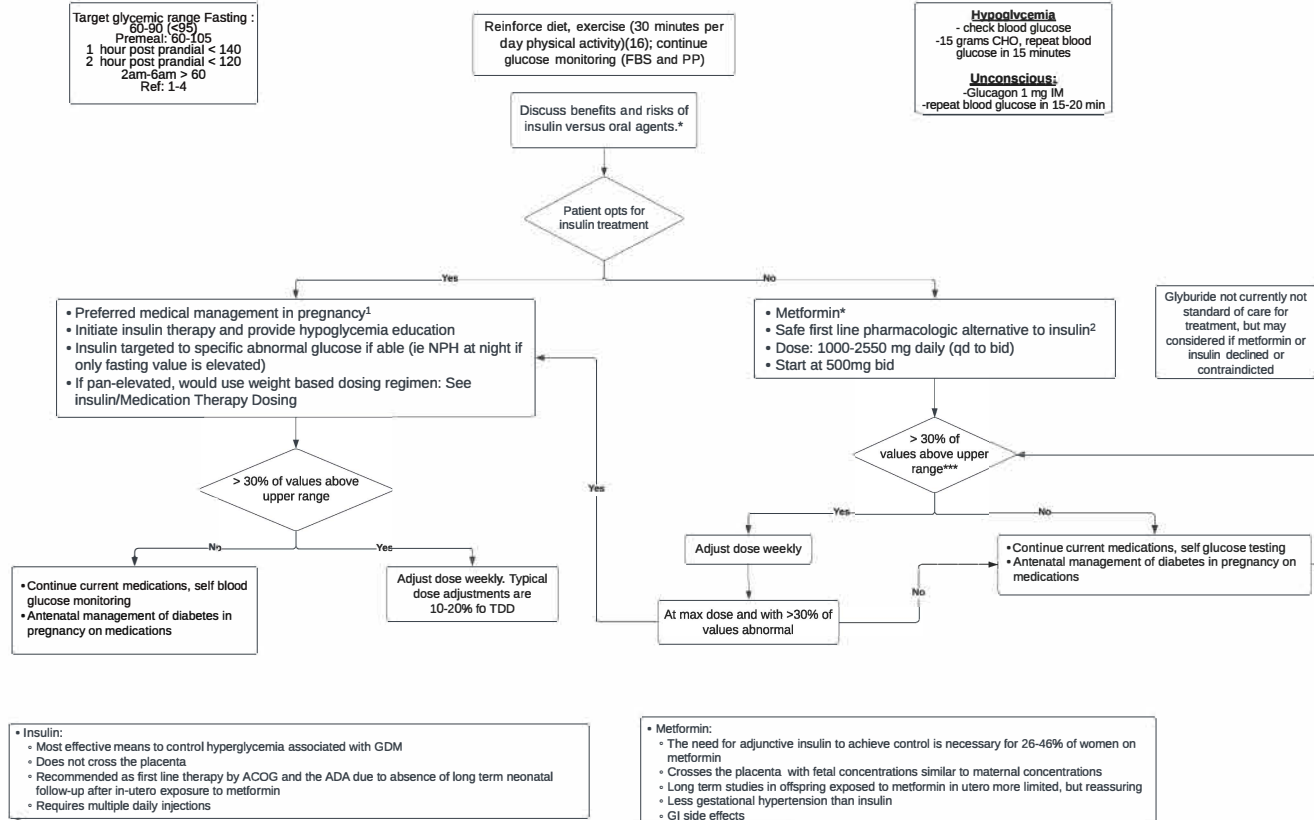


## Gestational Diabetes: Medication Management

(Poorly controlled despite nutritional & exercise therapy)



**Insulin:**

- Most effective means to control hyperglycemia associated with GDM
- Does not cross the placenta
- Recommended as first line therapy by ACOG and the ADA due to absence of long term neonatal follow-up after in-utero exposure to metformin
- Requires multiple daily injections

**Metformin:**

- The need for adjunctive insulin to achieve control is necessary for 26-46% of women on metformin
- Crosses the placenta with fetal concentrations similar to maternal concentrations
- Long term studies in offspring exposed to metformin in utero more limited, but reassuring
- Less gestational hypertension than insulin
- GI side effects

\*Extended release metformin is not well studied in pregnant patients. Recommend immediate release metformin.

References:

- ACOG Practice Bulletin No. 190. Gestational Diabetes. February 2018
- SMFM Statement: Pharmacological treatment of gestational diabetes. February 3, 2018.
- Martis R, Crowther CA, Shepherd E, Alsweller J, Downie MR, Brown J. Treatments for women with gestational diabetes mellitus: an overview of Cochrane systematic reviews. Cochrane Database of Systematic Reviews 2018, Issue 8. Art. No.: CD012327. DOI: 10.1002/14651858.CD012327.pub2. Accessed 25 February 2024.

Revised August 2024 JJ

*These algorithms are designed to assist the primary care provider in the clinical management of a variety of problems that occur during pregnancy. They should not be interpreted as a standard of care, but instead represent guidelines for management. Variation in practices should take into account such factors as characteristics of the individual patient, health resources, and regional experience with diagnostic and therapeutic modalities. The algorithms remain the intellectual property of the University of North Carolina at Chapel Hill School of Medicine. They cannot be reproduced in whole or in part without the expressed written permission of the school.*