



HbA1c Now Part of the 1st Antenatal Screen

In 2014 the Ministry of Health issued guidelines on 'Screening, Diagnosis and Management of Gestational Diabetes in New Zealand.

<https://www.health.govt.nz/system/files/documents/publications/screening-diagnosis-management-of-gestational-diabetes-in-nz-clinical-practice-guideline-dec14-v2.pdf>

The guidelines recommended the measurement of HbA1c as part of the 1st antenatal screen. The BOP and Waikato DHBs have agreed that with immediate effect an HbA1c will become part of the 1st Antenatal screen throughout the BOP and Waikato. The changes will take effect on Monday 16th May.

After discussion with interested parties throughout New Zealand the following comments will be appended to HbA1c reports requested as part of the 1st antenatal screen:

- "HbA1c \leq 40: unlikely to have pre-existing glucose intolerance / diabetes, but can develop gestational diabetes. Follow local guidelines."
- "HbA1c 41-49: may reflect glucose intolerance. Follow local guidelines, or offer 75g oGTT at 24-28 weeks."
- "HbA1c \geq 50: levels consistent with pre-existing diabetes. Refer to local diabetes in pregnancy service."

To avoid duplication of requests between midwives and GPs it would be very helpful if before requesting a 1st antenatal screen, that, the patient is asked whether this screen has already been performed. Also we request that HbA1c only be requested as part of the 1st antenatal screen in pregnant women.

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CLINICAL UPDATE