

OUTPATIENT GP REFERRAL GUIDELINES

SOUTHERN ADELAIDE DIABETES and ENDOCRINE SERVICES (SADES)

Southern Adelaide Local Health Network (SALHN)

Diabetes in Pregnancy (Gestational Diabetes)

- Preconception counselling for Type 1 and Type 2 Diabetic women planning pregnancy
- Type 1 or Type 2 diabetic women who are currently pregnant
- Women diagnosed to have gestational diabetes in current pregnancy- as per the criteria published in the current South Australian Perinatal Practice Guidelines (SAPPG)- see link below

Information Required

- Gestational age
- Previous GDM
- Past history including polycystic ovarian syndrome
- Current medications and dose
- HbA1C- most recent (within 3 months)
- History of retinopathy or nephropathy
- Coexisting autoimmune conditions - hypothyroidism

Investigations Required

- Routine antenatal booking bloods
- Glycosylated haemoglobin (HbA1c)
- Thyroid function test (Type I diabetes)
- Electrolytes, liver and renal function tests
- Random glucose
- Urine- Early morning spot urine for albumin/creatinine ratio

Fax Referrals to

Flinders Medical Centre Women's Health Clinic

Fax: (08) 8204 5210

Red Flags

- Pre-existing diabetes with retinopathy or nephropathy
- HbA1c >7%

For urgent advice contact Endocrine registrar via Flinders Medical Centre switchboard

Ph: (08) 8204 5511

Suggested GP Management

- Commence folate 5 mg daily ideally at least 1 month prior to conception
- Consider need for iodine and vitamin D supplementation

Clinical Resources

- South Australian Perinatal Practice Guidelines -Diabetes Mellitus and Gestational Diabetes
https://www.sahealth.sa.gov.au/wps/wcm/connect/146238004ee2144cb404bdd150ce4f37/Diabetes+Mellitus+and+GDM+_PG_v5_0.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-146238004ee2144cb404bdd150ce4f37-nCflqp4
- Diabetes Australia. Diabetes Management in General Practice
<https://www.racgp.org.au/getattachment/41fee8dc-7f97-4f87-9d90-b7af337af778/Management-of-type-2-diabetes-A-handbook-for-general-practice.aspx>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients and SAFKI Medicare Local website www.safkiml.com.au

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1.0	Sept 2014	Sept 2016	Original
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