

**A CLINICAL STUDY OF GESTATIONAL DIABETES AND ITS EFFECT ON MATERNAL AND PERINATAL OUTCOME – USING GLUCOSE CHALLENGE TEST AS A SCREENING TOOL.**

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**INTRODUCTION:** Gestational diabetes mellitus complicates 3-5% of pregnancies. Prompt diagnosis helps to prevent its subsequent complications . so, effective screening method is desirable . **OBJECTIVE:** 1)To know the prevalence of gestational diabetes in antenatal women by using glucose challenge test(GCT) as an screening method .2)To study the maternal complications and fetal outcome in such patients. **MATERIALS AND METHODS:** It was a Prospective study done on 250 antenatal women with out past history of diabetes mellitus over a period of two years. All the wofen were given 50g oral glucose and blood sample tested for glucose levels an hour later. Threshold blood glucose of 140mg/dl was taken as a cutoff value for GCT. Glucose tolerance test was done if glucose values were more than 140mg%.Women with GCT levels more than 200mg% and abnormal GTT values were considered to have gestational diabetes.Their blood sugar levels were controlled with diet and insulin therapy . Maternal and fetal outcome was noted. **RESULTS:** Prevalence of GDM was found to be 2.8% in the 250 patients.GCT was positive in 5.2% of patients ,among them 53.85%were OGTT positive.Majority 71.43%of GDM patients were more than 25 years of age.42.86% of them were over weight .1.6% of women without risk factors were diagnosed to have GDM. 85.7% underwent LSCS.Maternal complications were candidiasis 28.57%,PIH 14.29% and Polyhydramnios 14.29%.Fetal complications include congenital anomolies 28.57%,Neonatal jaundice 14.29%,Prematurity 14.29% and Respiratory distress syndrome.One patient underwent laparotomy at 24 weeksof gestation for rupture uterus after attempted MTP for anomolous fetus. **CONCLUSION:** GDM can be present in the patients even without any risk factors . Using GCTwill enhance selection of patients for confirmatory test for GDM as compared to risk factors alone. It is feasible and economical , therefore it will be of great benefit in developing countries.