Management of diabetes in pregnancy: standards of care in diabetes-2026.

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American Diabetes Association (ADA)

American Diabetes Association Professional Practice Committee for Diabetes. Management of diabetes in pregnancy: standards of care in diabetes-2026. Diabetes Care. 2026 Jan 1;49(Supplement_1):S321-S338. [205 references] PubMed

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Overview

Guideline Objective

- To provide the components of diabetes care, general treatment goals and guidelines, and tools to evaluate quality of care
- To offer guidance on the management of diabetes in pregnancy

Patient Population

Pregnant women with pre-existing diabetes or gestational diabetes mellitus (GDM)

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Preconception counseling and care
- Management of GDM or pre-existing type 1 or type 2 diabetes, including glycemic goals, lifestyle and behavior changes, telehealth visits, and insulin use
- Role of low-dose aspirin in prevention of preeclampsia
- Drug considerations in pregnancy
- Postpartum care, including insulin requirements, contraceptive plans, screening, breastfeeding, psychosocial assessment, and support for self-care

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Introduction and Methodology: *Standards of Care in Diabetes—2026*; 2026 Jan 1.
- Summary of Revisions: *Standards of Care in Diabetes—2026*; 2026 Jan 1.
- Disclosures: *Standards of Care in Diabetes—2026*; 2026 Jan 1.

Implementation Tools

- Slide Set: *Standards of Care in Diabetes—2026*; 2026.
- Standards of Care App for iOS or Android.
- Continuing Medical Education.

Patient Education

No patient education materials available.

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