

91.5% reduction in incidence of GDM in women with elevated fasting glucose during 1st trimester

n=75	Ino group	Control	P value
Abnormal OGTT	2/35 (6%)	27/38 (71%)	0.001
Required insulin therapy	1/35 (3%)	8/38 (21%)	0.053
Polyhydramnios	1/35 (3%)	7/38 (18%)	0.068
Neonatal Hypoglycaemia	0/35	10/38	0.038
BMI increase	2.3 ± 1.1	3.8 ± 2.4	0.001

Participants:

Non-obese singleton pregnant women with an elevated fasting glucose in the first or early second trimester

Main outcome measure:

Development of GDM on a 75g oral glucose tolerance test at 24–28 weeks' gestation.

71% of control group developed GDM, compared with just 6% in the treatment group.