

Patient information

Diabetes: Post-natal information for women with gestational diabetes

What does this mean?

Your blood sugar test indicates that you have low probability of diabetes at present.

It does indicate that there is an increased risk of developing gestational diabetes in any further pregnancy and type 2 diabetes later in life.

How can I help prevent diabetes later in life?

Try to keep your weight at an optimal level. If you would like to see a dietician, then please ask your GP to refer you. Try to exercise regularly.

Do I need another check of my blood sugar? (how will I know if I have developed diabetes?)

You are advised to have a fasting blood sugar check every year. It is a good idea to use your own or your baby's birthday to remind you.

What do I do if I become pregnant again?

Please contact your GP or midwife as soon as you know you are pregnant. You will then be referred back to medical obstetric clinic and we will start you testing your blood sugar from the beginning of the pregnancy or organise an early glucose test (OGTT).

Further reading

Diabetes in Pregnancy (NICE Clinical Guideline 3) www.nice.org.uk/guidance/ng3

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

