

Discharge Information For Women with Gestational Diabetes

Congratulations on the birth of your baby from the Diabetes and Obstetrics Team

In this leaflet we have put together some information which you will hopefully find useful in the coming days, months and years.

Dates for Your Diary

At 6 weeks after the birth of your baby

You will require a further Glucose Tolerance Test (GTT) 6 weeks after you have had your baby. This appointment will be arranged for you before you are discharged from Pannal Ward.

An appointment has been made for you to have a GTT in the Antenatal Day Unit

ON **AT**

It is necessary for you to fast for this test, so please do not eat or drink anything, other than water, from 10pm the night before.

Please bring a sandwich to eat once you have completed the test.

At 7 weeks after the birth of your baby

The results of the GTT will be discussed with you and the Diabetes Team at your 7 weeks postnatal appointment. This will be arranged for you before you are discharged from hospital.

An appointment has been made for you to attend the Joint Diabetes and Obstetrics Clinic in the Antenatal Day Unit

ON **AT**

Once a year

Even if you are not found to have diabetes after you have had your baby, you may be at risk of developing Diabetes in the future. It is recommended that **ONCE A YEAR YOU SHOULD HAVE YOUR HbA1c** checked by your GP. This gives you an average blood glucose for the previous three months. Please request this if it is not offered to you.

What happens if I get pregnant again?

In any future pregnancies you will be offered an early GTT when you are 16 weeks pregnant. If this test is negative then it will be repeated again when you are 26 weeks pregnant.

Your Questions Answered

Q. Will I still have Diabetes after the baby is born?

A. Gestational Diabetes usually goes away as soon as you have had your baby.

Once your baby is born you will have your blood glucose checked by a midwife 2 hours after your first meal. If this is below 10mmol/L you will not need any further medications (tablets or insulin) to go home with. If it is above 10mmol/L then the Diabetes Team will suggest initial treatment. Your blood glucose will continue to need to be monitored.

You will be sent for another GTT after 6 weeks to test for Diabetes.

The reason for doing these tests is because you are now at risk of developing Diabetes in the future. Women who have had Gestational Diabetes have a 40% chance of developing Type 2 Diabetes during their lifetime. This is compared to a 5% risk in the general population.

Q. What are the chances of getting Gestational Diabetes again?

A. You are more likely to develop Gestational Diabetes again, if you have had it in previous pregnancies. However, if you are overweight then you may be able to reduce your chances of getting it again, if you lose weight, eat healthily and exercise regularly.

Q. How can I reduce the risks of getting Diabetes in the future?

A. Diabetes may run in your family, which you cannot do anything about.

However, there are still things you can do to reduce or delay the onset of Diabetes in the future. These are mainly associated with lifestyle changes:

1) Controlling your weight

- Aim to reach a *normal* body weight
- If you are *overweight* or *obese* you should aim to try and lose at least 5 – 10% of your body weight. This would make a significant difference.

2) Eating healthily

- Aim for 5 portions of fruit and vegetables every day
- Choose low fat foods (avoid saturated fats as much as possible)
- Eat less salt and sugar
- Eat more starchy foods such as bread, pasta and rice

- 3) Doing regular exercise
- Aim to do at least 30 minutes, 5 times a week

Check out the following websites for tips on reducing your Diabetes risk:

- Diabetes UK (www.diabetes.org.uk)
- NHS Choices
(www.nhs.uk/Livewell/Diabetes/Pages/Avoiddiabetes.aspx)
- Food Standards Agency
(www.eatwell.gov.uk/healthydiet/healthyweight/?lang=en)
- Change 4 Life (www.nhs.uk/change4life/Pages/Default.aspx)

Q. What are the symptoms of high blood glucose levels and Diabetes?

A. There are many, but the main ones to watch for are:

- drinking a lot
- passing a lot of urine, especially at night
- extreme tiredness
- weight loss
- blurred vision
- regular episodes of thrush
- slow wound healing

Contact details:-

Diabetes Centre
Harrogate District Hospital
Lancaster Park Road
Harrogate
HG2 7SX
www.hdft.nhs.uk

Diabetes Specialist Nurses
Tel: 01423 555345

Antenatal Clinic
Tel: 01423 553010

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.