Congratulations on the birth of your baby from the diabetes, maternity and obstetrics Teams.

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 by Pannal Ward and you will review a letter in the post with the date and time of your appointment along with the location.

**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 by the Diabetes Team via telephone call.

***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.** There is strong evidence that making healthy dietary and lifestyle choices can help reduce the risk of developing Type 2 diabetes in the future.

**Look after your weight**

* Aim to be a healthy weight for your height so that your Body Mass Index (BMI) is in the healthy range between 18.5-24.9Kg/m2.
* If you are overweight aim to lose 5-10% of your body weight and maintain this loss.

**Be active**

* Aim to do at least 30 minutes of moderate activity 5 times a week such as brisk walking or golf. This type of activity increases your heart rate and breathing but you can hold a conversation.
* Alternatively, aim to do 75 minutes of vigorous activity a week such as jogging, running or swimming fast. This type of activity may make you feel short of breath and unable to hold a conversation.
* Alongside this, aim to do muscle strengthening activities such as heavy gardening, carrying heavy shopping or yoga twice a week.

**Eat well**

* Balance your plate. Using a healthy plate that measures 10 inches or 26cm aim to have one third starchy carbohydrate, one third protein and one third salad or vegetables.
* Go wholegrain. Choose fibre rich slow releasing low GI starchy carbohydrates such as multi grain/rye breads, jumbo rolled oats, couscous, quinoa, sweet potato or new potatoes in their skins, wholegrain basmati rice or durum wheat pasta.
* Eat less salt and sugar found in foods such as cakes, biscuits, sweets, chocolate or ice-cream and sugar sweetened beverages.
* Aim to have at least 5 portions of fruit and vegetables each day. Grapes, blueberries, apples and green leafy vegetables are particularly good choices.
* Choose protein rich foods such fish, beans, pulses, eggs and lean unprocessed meat.
* Choose healthier fats such rapeseed or olive oil and spreads made from these. Include 1 portion of Omega 3 rich oily fish a week such as salmon, herring or sardines.
* Choose calcium rich dairy products such yoghurt, cheese and milk or calcium fortified alternatives such as almond, soy or rice milk.

**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

**Further information**

Diabetes UK: [www.diabetes.org.uk](http://www.diabetes.org.uk)

NHS Choices: [www.nhs.uk/Livewell/Diabetes/Pages/Avoiddiabetes.aspx](http://www.nhs.uk/Livewell/Diabetes/Pages/Avoiddiabetes.aspx)

Change 4 Life: <https://www.nhs.uk/change4life>

**Contact details:**

Diabetes Specialist Nurses Tel: 01423 55 5345

Antenatal Clinic: 01423 55 3010

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.