

What you need to know

Gestational diabetes is high blood sugar (glucose) that develops during pregnancy and usually disappears after giving birth.

Some women do not have symptoms while some may develop symptoms if their blood sugar level gets too high (hyperglycaemia) such as:

- Increased thirst
- Needing to pee more often than usual
- A dry mouth
- Tiredness
- Blurred eyesight
- Genital itching or thrush

Long-term effects of gestational diabetes

- Gestational diabetes normally goes away after birth, but women who have had it are more likely to develop gestational diabetes again in future pregnancies or type 2 diabetes – a lifelong type of diabetes.
- You should have either
- Fasting blood glucose blood test to check for diabetes 6 to 13 weeks after giving birth (during your 6-8 week baby check with your GP)
- Or HBA1C blood test after 13weeks
- In addition to the above, you will have a once every year blood test to monitor your blood glucose
- You should have the tests even if you feel well, as many people with diabetes do not have any symptoms.

What does my Post natal blood result mean?

Fasting blood glucose level below 6.0 mmol/litre or HbA1c level below 39 mmol/mol (5.7%)

- You have low probability of having diabetes at present
- You should continue to follow the lifestyle advice (weight control, diet and exercise)
- You will need an annual test to check that your blood glucose levels are normal

Fasting blood glucose level between 6.0 and 6.9 mmol/litre or HbA1c level between 39 and 47 mmol/mol (5.7% and 6.4%)

- You are at higher risk of developing type 2 diabetes- you may be referred to a diabetes prevention program

Fasting blood glucose level of 7.0 mmol/litre or above or HbA1c 48 mmol/mol (6.5%)

- You are likely to have type 2 diabetes, but you will need another diagnostic test to confirm

Will I have diabetes in my next pregnancy?

- Diabetes may recur in your next pregnancy; inform your GP when you start planning to get pregnant .
- Inform your GP or midwife as soon as you become pregnant so an appointment can be arranged to see the diabetes midwife at 8 to 12weeks gestation to have a blood test - oral glucose tolerance test (OGTT).
- The blood glucose test (OGTT) may be repeated at 24 to 28weeks gestation if the first test was normal .

How can I reduce the risk of gestational diabetes or Type 2 diabetes in the future ?

- Healthy Diet
- Regular Exercise
- Weight control

ABBAY FIELD MEDICAL CENTRE



Providing NHS services

Gestational diabetes (post natal) patient information leaflet

For more information visit

<https://www.nhs.uk/conditions/gestational-diabetes>

<https://www.diabetes.org.uk/diabetes-the-basics/gestational-diabetes>

or contact the GP surgery