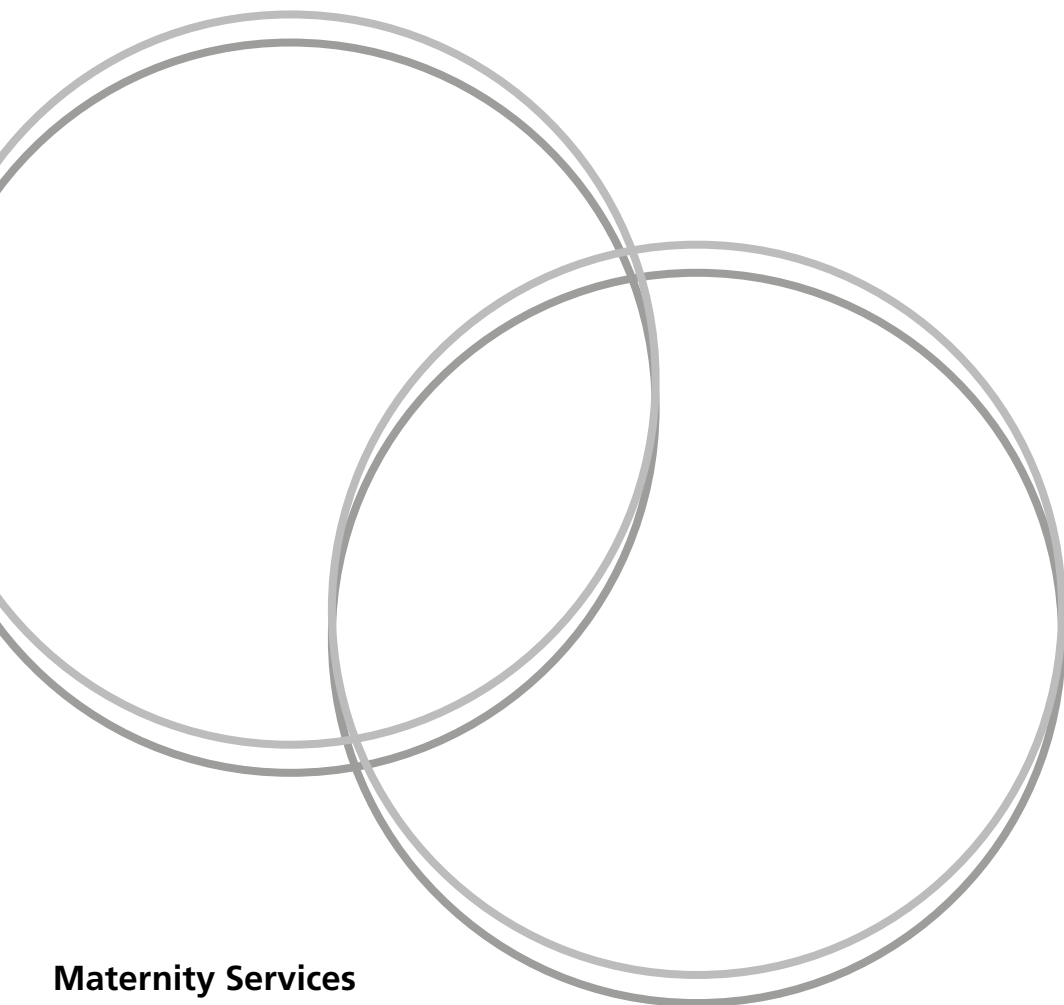


Gestational diabetes

Postnatal information leaflet



What happens next?

If you have had gestational diabetes that has been treated with insulin or tablets during pregnancy, the medication will stop once you have given birth to your baby.

Before you go home from hospital, you will need to perform the 6 times a day blood glucose profile for 24 to 48 hours. This is to make sure your blood glucose levels have returned to within a normal range without the aid of medication. If your blood glucose profile remains high, a plan to treat and monitor this will be made before you are discharged home.

We will write to your GP and request that they invite you to come in to hospital for a fasting blood glucose test approximately 6 weeks after you have given birth. For most women, gestational diabetes goes away after they have had their baby, however a few women will need to continue with treatment.

What will happen longer term?

If you become pregnant again, it is likely that you will develop gestational diabetes during your pregnancy. Therefore, we recommend that you have a glucose tolerance test (GTT) at 16 weeks of pregnancy and if this is normal, a repeat GTT at between 26 to 28 weeks of pregnancy.

There is a chance of approximately 1 in 2 women who have had gestational diabetes, developing diabetes later in life. Therefore we recommend that you have some form of screening test every year at your GP surgery. Detecting diabetes or early signs of diabetes, can help prevent complications developing and means that you can receive early treatment, if needed.

What can I do to reduce the chance of developing diabetes in the future?

Some lifestyle choices will reduce your chances of developing diabetes in later life:

- **Weight** – Try to keep your body mass index (BMI) within the healthy weight range (try to stay a healthy weight for your height).
- **Exercise** – try to do some physical activity (that makes you breathless) for 30 minutes a day, on at least 5 days a week.
- **Healthy food choices** – eating at least five portions of fruit and green leafy vegetables a day and cutting down on fatty, sugary and fried foods.
- **Breastfeeding** – research suggests that breastfeeding your baby reduces the chance of developing type 2 diabetes, or may delay the onset of diabetes in the future.

Questions or concerns

If you have any questions or concerns, or need any further information, please telephone the diabetes midwives on **01865 851 039**

8.30am to 5.00pm weekdays (except Wednesdays).

Alternatively you can speak to your GP.

Further information can also be found on NHS Choices website:

nhs choices diabetes uk

and also at:

www.nhs.uk/conditions/diabetes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

We would like to thank the Oxfordshire Maternity Voices Partnership for their contribution in the development of this leaflet.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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