

## What can you do?

Irrespective of what the results are, you should:

### **Exercise more**

- Be physically active 30 minutes a day, at least 5 days a week, enough to make you breathless.
- Choose an activity you enjoy. This could be swimming, yoga, walking and jogging.

### **Eat more healthily**

- Make healthy food choices and eat smaller portions.
- Increase fibre intake.
- Choose more fruits and vegetables, beans and whole grains.
- Cut down on sugar and fatty and fried foods.
- Eat at least 5 portions of fruit and vegetables a day.

### **Achieving Healthy Weight**

- After the pregnancy you should try to get your weight into the healthy range.
- It is important to remember that you do need extra energy for breast feeding, so you must consider this if you do decide to try to lose weight.
- You can get help and advice about losing weight and healthy eating from your health visitor, GP or practice nurse.

#### Where to get help:

##### **Your Diabetes team contact-**

Name:.....



##### **Your Midwifery Team contact-**

Name:.....



##### **Local Hospital Contact No.-**

Name:.....

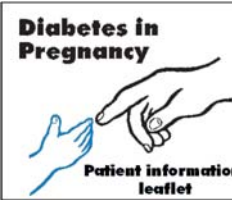


**Care Planning:** *This leaflet should only be used with the ongoing advice from your Diabetes Team, as part of your plan of care.*

#### **Diabetes in Pregnancy Advisory Group**



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## Post Natal Care for Gestational Diabetes



### **Once your baby is born**

- If you have had gestational diabetes treated with Insulin or Metformin tablets, this will be stopped after delivery of your baby.
- All patients with gestational diabetes will have blood glucose levels checked before going home.
- Your baby may need extra care, i.e. blood glucose monitoring by heel prick test and early frequent feeding, for the first 24 - 48 hours.



### **Once you are home**

- Your blood glucose usually returns to normal. If not, discuss with your diabetes team.
- If you have any questions or concerns about your health or that of your baby, please seek advice from your community midwife.
- A test to see if your blood glucose levels have returned to normal will be arranged, 6 to 8 weeks after delivery. This usually is a Glucose Tolerance test (GTT)

## Can you Breastfeed?

- Yes. Breast feeding provides the best nutrition for your child, gives extra protection against infection and helps you to bond with your family.
- For more information ask your midwife for the "Diabetes and Breastfeeding leaflet".



## What is your future risk of Diabetes?

- For most women gestational diabetes goes away after they have had the baby.
- However the chance of developing diabetes later in life remains high and therefore it is important to adopt a healthy life style to prevent diabetes occurring and, if it occurs, to prevent complications later in life.
- If you become pregnant again it is likely you will develop diabetes again. **PLAN your pregnancy** and tell your doctor as soon as possible.
- It is very important that you should have a glucose tolerance test or fasting blood glucose every year as you have had a pregnancy affected by diabetes. Your GP should organise this for you.
- Detecting diabetes or pre-diabetes (impaired glucose tolerance or impaired fasting glycaemia) can help prevent complications such as heart disease, stroke and kidney disease.

## GTT Results after Delivery

Blood Glucose mmol/l	What does it mean?
<b>Fasting Value</b>	
6.0 or less	<b>Normal:</b> Please follow advice in this leaflet to prevent future diabetes
6.1 to 6.9	<b>Impaired Fasting Glucose:</b> This can lead onto diabetes. Please follow advice in this leaflet to prevent future diabetes
7.0 or more	<b>Diabetes</b> is diagnosed in most cases: Specific advice will be given on diet, physical activity, weight reduction and medication
<b>2 Hour Value</b>	
7.8 or less	<b>Normal:</b> Please follow advice in this leaflet to prevent future diabetes
7.9 to 11.0	<b>Impaired Glucose Tolerance:</b> Please follow advice in this leaflet to prevent future diabetes
11.1 or more	<b>Diabetes</b> is diagnosed in most cases: Specific advice will be given on diet, physical activity, weight reduction and medication