



Do you have diabetes? Are you GDM? What do you need to know?

DID YOU KNOW?

25% of all term admissions to the neonatal unit (NNU) were mothers that had diabetes or had gestational diabetes (GDM). (April-June 23 data)



WHO TO CONTACT?

If you are struggling with diabetes control, just always ask for help

Lavinia Hall—Diabetes Midwife
(07768 554 897)

The Diabetes Nursing Team
(01922 656 543)

Katie Vincent—The Diabetes Dietician
(01922 270 535)

IMPORTANT THINGS YOU COULD

DO TO MANAGE DIABETES:

- ◆ Attend all your appointments
- ◆ Type 1 & 2 women with diabetes to attend retinal screening appointments
- ◆ Continue to monitor your blood sugars as advised.
- ◆ If you are on medication please take medicine as directed by the diabetes team.
- ◆ Maintain a healthy balanced diet
- ◆ Remember exercise is important to help control your blood sugars
- ◆ Attend all Nashdom group education appointments (if you are GDM)



We are here to support you on your pregnancy journey