



Gestational Diabetes

Information, appointment schedule and how to test and record your blood glucose levels

ADDRESSOGRAPH

This information leaflet is for people diagnosed with Gestational Diabetes in their current pregnancy - receiving care at Great Western Hospital, Swindon



Gestational Diabetes

Gestational Diabetes Information

You have developed Gestational Diabetes and you will now be under the care of: an Obstetric Consultant; Diabetes Consultant and Diabetes Specialist Nurses (DSN) as well as your community midwife.

You will have regular appointments at the Great Western Hospital (GWH) and you will be seen either face to face or have a telephone consultation approximately every 4 weeks.

We will also arrange for you to have regular growth scans of your baby (approximately every 4 weeks) and we try our best to coordinate these appointments on the same day, however this may not always be possible.

In addition to these appointments you will receive a telephone appointment from the dietician to optimise your diet; your blood glucose levels will be reviewed by the Diabetes Specialist Nurse (DSN). The Obstetric and Diabetes teams will review your scan/blood glucose results; they will offer you an antenatal check at each face to face appointment and plan your care with you accordingly.

If you need treatment for your diabetes for example tablets and/or insulin, we will plan for the birth of your baby a little earlier than your due date at approximately 38 weeks.

If your diabetes remains controlled with diet only, we will plan for the birth of your baby around your due date but not later than this date.

Both the Obstetricians and Diabetes team will discuss the plan with you and a date will be offered. Once your date has been agreed, more information will be given to you explaining in more detail regarding dates/timings/admission procedure.



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Blood Glucose Monitoring Record

- Please test your capillary blood glucose levels as demonstrated and advised by your Midwife/Doctor or DSN.
- If you have been given the Agamatrix WaveSense Jazz monitor, please keep a log of your readings on the paper results diary sheet and bring it with you to every appointment or have it available for discussion with the Diabetes Team at telephone appointments.
- If you have been given the Agamatrix WaveSense Jazz 'WIRELESS' monitors please upload your results onto the GDM Health dashboard via the app /Bluetooth technology.
- Please perform the quality control test as advised by staff.
- Please record what you have eaten each day.
- **The target results are 5.3 or below before meals and 7.8 or below 1 hour after meals.**
If using the 'WIRELESS' monitor the results are also colour coded for ease of recognising if your result is within the normal target range.
Red = elevated / Green = normal/ Blue = low.
- If you have any readings higher than the recommended targets for 2 consecutive days, please call the DSN team by telephone or if using the GDM Health system you can send a message via the app.
- Please ensure that you use the yellow sharps bin provided for safe disposal of your lancets and/or needles.

Please ensure you hand the prescription letter into your GP as soon as possible and keep up your repeat prescriptions well in advance before your supplies of lancets and blood glucose test strips run too low.



Gestational Diabetes

What you need to know about Gestational Diabetes

There is a local web-site which tells you all you need to know about Gestational Diabetes, Eating Well in Pregnancy and Healthier Eating with Gestational Diabetes.

Please access: www.swindondiabetes.co.uk

As soon as you have been trained to test your own glucose levels, please complete the following self-education (using the online resources).

In particular, the Swindon Diabetes 'Newly Diagnosed with Diabetes' section has a link to the Diabetes UK 40-page brochure "[Gestational Diabetes: What you need to know](#)". This brochure will give you lots of information regarding Gestational Diabetes including how to test your blood glucose levels and manage your diabetes whilst pregnant.

There are lots of tips regarding: meals; understanding food labels; physical activity and medication to control your diabetes if required.

In the "Dietary Advice" section you will find links to

- 1. "[Eating well with diabetes in Pregnancy](#)"** booklet, this has been devised by GWH Diabetes Specialist Dieticians to explain how certain foods affect your blood glucose levels and gives specific examples of types of foods to eat and avoid in pregnancy.
- 2. "[Healthier eating with gestational diabetes](#)"** is an excellent visual guide regarding your diet with gestational diabetes and highly recommended by our local Diabetes Specialist Dieticians.



Gestational Diabetes

Feeding your new born baby

GWH is a Baby Friendly Initiative (BFI) accredited Trust and as such we encourage breastfeeding for the best outcomes for maternal health and the health of their new baby/babies.

We encourage antenatal hand expressing for babies born to Gestational Diabetic mothers. Additional information about antenatal expressing is available in the [Expressing your milk Antenatally leaflet](#).

We encourage your baby to feed soon as possible after birth (ideally this will be within the first 30minutes).

If for any reason your baby does not suck at the breast, the fact that you have expressed breast milk is the next best thing and will help to get breastfeeding off to a good start.

Your baby will have their own blood sugar taken at approximately three hours following the first feed by the maternity staff as part of a risk assessment for low blood sugar/hypoglycaemia

Women that have experienced Gestational Diabetes who choose to formula feed their baby postnatally, may have higher blood glucose levels and reduced glucose tolerance. Formula feeding may bring forward the onset or cause the progression to Type 2 Diabetes¹.

The Obstetric Team and Midwives can discuss infant feeding with you, they may refer you to our Specialist Infant Feeding Midwives for additional support or you can contact the Specialist Infant Feeding Midwives directly via e-mail: gwh.infantfeedingmidwives@nhs.net



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Postnatal Appointments

Once you have had your baby and leave the hospital, you will receive an appointment for six weeks later to attend the Day Assessment Unit (where your oral glucose tolerance test (OGTT) was performed) for a fasting blood glucose test to check that your results have returned to normal.

If these results are normal:

You do not need to do anything else apart from maintaining a healthy diet and taking regular exercise. You will be invited to attend your GP surgery yearly for a blood sugar test for Diabetes called HbA1c, as you are at high risk of developing diabetes in the future.

If these results are abnormal:

We will recommend that you see your GP who will discuss the results with you. If your blood sugar is high you will be diagnosed with Type 2 Diabetes and the GP will discuss a treatment pathway with you.

If you have another baby:

If your result at six weeks was normal, please ensure that you tell your midwife at your booking appointment that you previously had Gestational Diabetes.

We will perform an OGTT at 14-16 weeks of your pregnancy and if this is normal, we will repeat this at approximately 26 weeks pregnant. If the result is abnormal at either of these tests, you will be diagnosed with Gestational Diabetes again and you will be asked to monitor your glucose levels and diet as you have done in your previous pregnancy.

Please call the Day Assessment Unit (open every day except Christmas Day from 7.30am-8.15pm) on 01793 604825 if you do not receive this six week appointment or if you have any questions.

For further information:

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

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

<https://www.rcog.org.uk/en/patients/patient-leaflets/gestational-diabetes/>

References:

1. Kjos SL *et al.* (1993) the effect of lactation on glucose and lipid metabolism in women with recent gestational diabetes.



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Useful contact telephone numbers:

Antenatal Day Assessment Unit (open every day except Christmas Day from 7.30am-8.15pm)
01793 604825/6

Diabetes Specialist Nurses (Mon-Fri except bank holidays 9.00am – 5.00pm)
01793 604054

Maternity Scan (Mon-Fri except bank holidays 9.00am – 5.00pm)
01793 604822

Maternity Appointments (Mon-Fri except bank holidays 8.30am – 5.00pm)
01793 604820

Any other concerns please call Delivery Suite open every day, 24 hours on:
01793 604575

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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