

## ***Gestational Diabetes (GDM):- What will happen after I have had my baby? (1 of 2).***

Will the diabetes go away after I have had my baby?

Usually it does.

If your diabetes has been managed with diet only you can stop testing your blood as soon as your baby is delivered.

If you are taking insulin injections during your pregnancy, you will almost certainly be able to stop them after your baby is born – we will discuss this with you in the clinic.

What will we need you to do?

**To make sure your blood sugar levels have returned to normal, we will ask you to have a fasting blood test for sugar at your GP's surgery 6 weeks after delivery. We will give you the blood test request form and ask you to make the appointment at your local GP surgery..**

Once you have had this done we will contact you with the result by letter. If it is abnormal we will invite you for a glucose tolerance test at the hospital (the same as the sugary drink test you had during pregnancy). If this is abnormal we will invite you to come and see us for review in clinic.

Will the GDM come back if I am pregnant again?

Possibly.

You are more likely to have GDM again if you've had it in previous pregnancies.

If you become pregnant again it is very important to tell the midwives and doctors looking after you that you have had GDM. They will arrange for you to have a glucose tolerance test at 16-18 weeks and if that is normal they will arrange for this to be repeated at 26-28 weeks and 32 weeks.

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: [palservice@salisbury.nhs.uk](mailto:palservice@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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## ***Gestational Diabetes (GDM):- What will happen after I have had my baby? (2 of 2).***

Am I at greater risk of diabetes in the future?

Yes.

Women with GDM have a 1 in 3 chance of developing Type 2 diabetes during their lifetime (compared to a 1 in 10 risk in the general population).

It is possible to reduce the chance of developing diabetes in the future by losing weight (if you are overweight) and by keeping fit.

**As your risk of developing diabetes is greater than other people we suggest that you have your blood sugar checked with your doctor 1 year after having your baby and then every 3 years if this is normal even if your sugar is normal 6 weeks after delivery.**

**It is also important to ask for a glucose test if you develop symptoms suggestive of diabetes in the future – these include feeling unusually thirsty, passing water more than normal (particularly at night), unexpected weight loss, blurred vision and unusual tiredness.**