BREAKING DOWN GESTATIONAL DIABETES

No

DIABETES UK KNOW DIABETES. FIGHT DIABETES. NORTHERN IRELAND

Do you know what gestational diabetes [GDM) is?

No

Find out more information:

Gestational diabetes - Diabetes UK website
Your guide to gestational diabetes - Diabetes UK guide

Yes



Do you currently have gestational diabetes?



Do you know what care you should receive after having gestational diabetes?



Do you know your risk of developing type 2 diabetes?

Yes/No

Find out what care and health checks you should be having:

<u>Gestational diabetes</u> -Diabetes UK website

What diabetes care to expect if you have gestational diabetes - Diabetes UK guide

Do you want more information to help you live well with gestational diabetes or what care to expect after you have had your baby?



Here are some useful resources to help you maintain a healthy lifestyle:

Eating Well with diabetes-Diabetes UK guide

Moving more -Diabetes UK guide You're entitled to follow-up testing between 6-13 weeks postpartum. Contact your GP and explain you have had gestational diabetes and would like this test. For some, this test may have been done by the hospital teams.

You should get an annual HbA1c test to check for type 2 diabetes.

What diabetes care to expect if you have gestational diabetes - Diabetes UK guide

If you are thinking about another pregnancy, speak to your doctor or contact your hospital team for information on pregnancy planning/pre conception.

Contact your GP if you have any concerns regarding your risk of type 2 diabetes in the future. You have a lifelong higher risk of developing it if you have had gestational diabetes and this risk is increased in the years after diagnosis. You should get a HbA1c test done yearly to check for type 2 diabetes.

Here is some information on understanding your risk of type 2 diabetes.

<u>Diabetes UK – Know Your</u> <u>Risk of Type 2 diabetes</u>

If you are thinking about another pregnancy, speak to your doctor for more information on pregnancy planning/pre conception.

Diabetes UK Helpline: Open Monday to Friday, 9am to 6pm

Other useful links: Let's Talk Diabetes podcast / NI Women's Health support