

Diabetes and Endocrinology

Following Gestational Diabetes: The Future

You have had Gestational Diabetes, which is Diabetes that develops during pregnancy. A fasting blood test is normally arranged at approximately three months after the delivery of your baby to ensure the blood glucose levels have returned to normal.

You are at an increased risk of developing Diabetes Mellitus in the future and also of developing Gestational Diabetes in future pregnancies. You will be monitored for this during any future pregnancies.

Studies have shown that Diabetes Mellitus may be prevented or delayed if the following advice is taken:

- Follow a healthy eating plan (low sugar and low fat)
- Try to achieve the right weight for your height
- Take regular exercise, it helps you to keep fit and has other health benefits.

Ask your practice nurse or family doctor for a yearly test for diabetes. A good way to remember this is to have your annual blood test near a memorable date, such as a date around your birthday.

After your pregnancy, please seek advice from your healthcare provider, if you notice any of the following symptoms:

- Excessive thirst
- Frequent trips to the toilet to pass urine
- Vaginal thrush
- Excessive tiredness: also common in pregnancy
- Blurred vision



Patient Information

For further information:

- Contact your General Practitioner
- Diabetes UK www.diabetes.co.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5567 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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