

Diabetes and Endocrinology

Following gestational diabetes - the future

You have had gestational diabetes. This is diabetes that develops during pregnancy.

A fasting blood test is usually arranged at about 3 months after the delivery of your baby. This is to make sure your blood sugar levels have returned to normal.

You may develop gestational diabetes again in your next pregnancy. You will be offered early screening or monitoring for this.

You are also at an increased risk of developing type 2 diabetes in the future.

Your GP should offer you an annual blood test to check 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.

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
- Do regular exercise - it helps you to keep fit and has other health benefits.



Patient Information

Please seek advice from your healthcare provider if you notice any of the following symptoms after your pregnancy:

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

For further information:

- Contact your General Practitioner (GP)
- Visit the [Diabetes UK website](#)

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.

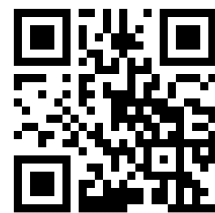
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