

How can you reduce your risk of future diabetes?

Happily, there is a lot you can do for you and your family to reduce the chances of developing diabetes:

Exercise more

- Be physically active 30 minutes a day, at least 5 days a week.
- You can exercise safely in pregnancy without risk to you or the baby.
- Gentle exercise, such as swimming, yoga, walking and jogging can improve muscle tone and strength and also relieve tiredness, lower back pain and reduce varicose veins and swollen ankles during pregnancy.

Eat healthy

- Make healthy food choices and eat smaller portions.
- Increase fibre intake.
- Choose more fruits and vegetables, beans and whole grains.
- Cut down on sugar and fatty and fried foods.
- Eat at least 5 portions of fruit and vegetables a day.
- Ask your midwife or doctor for advice on avoiding weight gain during pregnancy and losing weight after pregnancy if you are overweight.

Where to get help:

Your Diabetes team contact-

Name:.....



Your Midwifery Team contact-

Name:.....



Local Hospital Contact No.-

Name:.....



Care Planning: *This leaflet should only be used with the ongoing advice from your Diabetes Team, as part of your plan of care.*

Diabetes in Pregnancy Advisory Group



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Tel: 0121 687 3400 Email: diabetes@pi.nhs.uk
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Glucose Tolerance Test (GTT)



Location:

Date & Time:

What is a Glucose Tolerance Test (GTT)?

- A simple test carried out **during pregnancy** to find out if you have gestational diabetes. This is usually a temporary form of diabetes with high blood glucose levels, especially after food.
- In women found to have gestational diabetes the same test is used six weeks **after delivery of the baby** to check whether diabetes is still present. It is **very** important that you attend.



You are at higher risk of developing diabetes during pregnancy if....

- You have had **gestational diabetes** in a **previous pregnancy**
- You have a **family history of diabetes**
- You previously had a **big baby**; over 4.5 kg (10 lbs)
- You are of South Asian, Middle Eastern, African or Afro-Caribbean origin
- You are **over 35 years old**
- You have had a **stillbirth or repeated miscarriages**
- You **have a** Body Mass Index over 30
- You are known to have **Polycystic Ovaries**
- You have **extra fluid around the baby**

What does the test involve?

- Overnight, as advised by your team, do not eat any food and **only drink water**. Drink enough to avoid feeling thirsty.
- **Do not eat any breakfast or drink anything other than water on the morning of the test.**
- On arrival, a first blood sample will be taken.
- You will then be asked to have a glucose drink. You need to drink this within five minutes.
- You then need to sit for two hours in the department and refrain from smoking.
- After this time a final blood sample will be taken. The test is then completed and you can go home.

What are the test results and what do they mean?

During Pregnancy

The level of glucose in your blood before and after the glucose drink will show whether you have 'gestational diabetes' (diabetes in pregnancy) or not.

Any high glucose level in a GTT during pregnancy is called gestational diabetes.

After Your Pregnancy



The GTT will be repeated and the exact condition you then have, will be determined from the table on the next page.

GTT Results after Delivery

Blood Glucose mmol/l	What does it mean?
Fasting Value	
6.0 or less	Normal: Please follow advice in this leaflet to prevent future diabetes
6.1 to 6.9	Impaired Fasting Glucose: This can lead onto diabetes. Please follow advice in this leaflet to prevent future diabetes
7.0 or more	Diabetes is diagnosed in most cases: Specific advice will be given on diet, physical activity, weight reduction and medication
2 Hour Value	
Less than 7.8	Normal: Please follow advice in this leaflet to prevent future diabetes
7.8 to 11.0	Impaired Glucose Tolerance: Please follow advice in this leaflet to prevent future diabetes
11.1 or more	Diabetes is diagnosed in most cases: Specific advice will be given on diet, physical activity, weight reduction and medication