

**PRINTER: Cut sheet on dotted line exactly (at 75)**

---

## **Types of Diabetes**

### **Gestational diabetes**

#### **What is Gestational Diabetes?**

Gestational diabetes occurs in pregnant women who do not already have diabetes. It often develops later in pregnancy, when the body makes large amounts of hormones to help the baby grow. These hormones prevent insulin from working in the way that it should. When this happens your blood sugar rises.

Untreated high blood glucose may cause problems for you and your baby. You may notice symptoms such as increased thirst and tiredness, and there may be problems with the growth of your baby. Most women with gestational diabetes have normal healthy babies. However, gestational diabetes has to be treated until your baby is born. Keeping your blood glucose as near normal as possible can help prevent problems for you and your baby.

#### **Will I always have diabetes?**

Gestational diabetes usually goes away after the baby is born, but in a few women, diabetes becomes permanent and it is important that you are tested for this. You should ask your antenatal team how you will be tested for diabetes following delivery.

You are at risk of developing diabetes in later life. It is important that you maintain a healthy diet, control your weight and exercise regularly. Taking care of yourself now can prevent diabetes later.

### **Pre-existing diabetes**

#### **How may this affect my pregnancy?**

Most women with diabetes have a normal pregnancy and a healthy baby. However there is an increased risk of some problems such as neural tube and heart defects, growth problems and stillbirth. Planning your pregnancy, taking folic acid, good control of your diabetes and careful monitoring can reduce these risks.

#### **How should I treat my diabetes?**

If your diabetes is treated with insulin, you may need to change your insulin doses frequently during the pregnancy. If your diabetes is treated with tablets, these may be replaced by insulin injections. If you are on diet alone for your diabetes, then you may need to be started on tablets or insulin at some stage.

You should be referred to the diabetes antenatal clinic as soon as you know you are pregnant. Ask about any other treatments you are taking. Many tablets, such as those for high blood pressure, high cholesterol or kidney problems, need to be changed or stopped during your pregnancy.

It is important that you take regular folic acid supplements during the first three months. The dose should be 5mg rather than the usual 400 mcg tablets given to mothers without diabetes. This needs to be prescribed by a doctor.

Diabetes can affect the back of the eyes, causing retinopathy. This can develop or worsen during pregnancy and so you should have your eyes examined more often. If you have any complications from your diabetes, you will require careful monitoring. You should discuss this with your health care team.

**PRINTER: Cut sheet on dotted line exactly (at 75)**

**Antenatal visits**

Gest = Gestation; B/P = Blood Pressure; EFW = Estimated Fetal Weight.

BF = Breakfast; L = Lunch; E = Evening; BT = Bedtime

Date/Time	Gest	Weight (Kg)	B/P	Urinalysis	HbA1c	EFW	Medication	Dose/units			
								BF	L	E	BT
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
								Signed*			Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
								Signed*			Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
								Signed*			Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
								Signed*			Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
								Signed*			Next contact

\* Signatures must be listed on page I for identification

Name
Unit No