

# ***Gestational Diabetes Mellitus (GDM) - What will happen after I have had my baby?*** (page 1 of 2).



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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## **Will the diabetes go away after I have had my baby?**

Usually it does.

If your diabetes has been managed with diet only you can stop testing your blood as soon as your baby is delivered.

If you are taking insulin injections during your pregnancy, you will almost certainly be able to stop them after your baby is born, we will discuss this with you in the clinic.

## **What will you need me to do?**

**To make sure your blood sugar has returned to normal you will have a blood sample taken on the ward before you go home. We also recommend that you have a fasting blood test for sugar at your GP's surgery 6 weeks after delivery. We will give you the blood test request form and ask you to make the appointment at your local GP surgery.**

Once you have had this done we will contact you with the result by letter. If it is abnormal we will invite you for a glucose tolerance test at the hospital (the same as the sugary drink test you had during pregnancy). If this is abnormal we will invite you to come and see us for review in clinic.

## **Will the GDM come back if I am pregnant again?**

Possibly.

You are more likely to have GDM again if you've had it in previous pregnancies.

We recommend having a test for diabetes done before planning your next pregnancy. You should have this done with your GP, who will be able to give you the result and arrange any further tests if they are required.

If you become pregnant again it is very important to tell the midwives and doctors looking after you that you have had GDM. They will arrange for you to have a glucose tolerance test as soon as possible. If that is not normal you will be referred to clinic. If it is normal, you will be invited for a repeat test at 26-28 weeks.

**Diabetes & Endocrinology**  
**Tel: 01722 336262 ext. 4229**

## **Am I at greater risk of diabetes in the future?**

Yes.

Women with GDM have a 1 in 3 chance of developing Type 2 diabetes during their lifetime (compared to a 1 in 10 risk in the general population).

It is possible to reduce the chance of developing diabetes in the future by losing weight (if you are overweight) and by keeping fit.

**As your risk of developing diabetes is greater than other people we suggest that you have a test for diabetes each year at your GP practice**

**It is also important to ask for a glucose test if you develop symptoms suggestive of diabetes in the future, these include feeling unusually thirsty, passing water more than normal (particularly at night), unexpected weight loss, blurred vision and unusual tiredness.**