



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 email: customer care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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

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What to expect when you come into hospital to have your baby

Information for women with gestational diabetes receiving treatment (page 1 of 3)

Together we will discuss a plan for the management of your diabetes before you come into hospital. We will write the plan in your notes and you can add the details to your birth plan.

If you have any questions or concerns about your diabetes during your visit you can contact the diabetes team or ask the midwife caring for you to contact them.

It is really important to remember to bring your pregnancy notes, insulin and other medication, blood glucose monitor and blood sugar book with you.

What to expect for labour and delivery

If you think your labour is starting then you should phone the Labour Ward on 01722 425183.

When you come into Beatrice Labour Ward and we have confirmed that your labour has started, your blood sugar will need to be monitored every hour. You can continue to do this yourself with the staff if you feel able or your midwife can do that for you .

If your blood sugar starts to increase then your midwife will start you on an intravenous drip of insulin and sugar to keep your blood sugar under control.

Your midwife will continue to check your blood sugar every hour and will adjust the amount of insulin you are having to try and keep the blood sugars between 4 and 7mmol/l.

What to expect when your baby is born

Once you have delivered your baby you no longer need to check your blood sugars and your glucose and insulin drip can be stopped immediately if you are on this.

Your blood sugar should be checked on one occasion before you go home. If this is above normal the team on the ward will discuss this with you and will let the diabetes team know. If the blood test is normal you should have this repeated in 6 weeks time – you should have a blood test card for this from clinic. If not please ask the midwife who is looking after you on the ward.

Diabetes & Endocrinology
Tel: 01722 336262 ext. 4229

You should also have the leaflet entitled 'Gestational Diabetes Mellitus (GDM) – what will happen after I have had my baby' and if you have not had this, again please ask the midwife who will be able to give you this and go through it with you.

What If I am having an induction of labour?

Many women with diabetes are able to have a normal delivery however it may be recommended that your labour is induced. Your obstetrician will discuss this with you around the 36th week of pregnancy.

You should continue all your usual insulin/tablets for your diabetes while you are being induced. During this time you should continue to monitor your blood sugars and record the results as usual and continue eating as normal.

Once your labour starts your sugar will need to be monitored every hour. You can do this yourself with the staff if you feel able or your midwife can do that for you.

If your blood sugar starts to increase then your midwife will start you on an intravenous drip of insulin and sugar to keep your blood sugar under control.

Your midwife will continue to check your blood sugar every hour and will adjust the amount of insulin you are having to try and keep the blood sugars between 4 and 7mmol/l.

Once your baby is born you no longer need to check your blood sugars and your glucose and insulin drip can be stopped immediately if you are on this.

Your blood sugar should be checked on one occasion before you go home. If this is above normal the team on the ward will discuss this with you and will let the diabetes team know. If the blood test is normal you should have this repeated in 6 weeks time – you should have a blood test card for this from clinic. If not please ask the midwife who is looking after you on the ward.

You should also have the leaflet entitled 'Gestational Diabetes Mellitus (GDM) – what will happen after I have had my baby' and if you have not had this again please ask the midwife who will be able to give you this and go through it with you.

What to expect if you are having a planned Caesarian Section?

The day before your Caesarian you should continue **ALL** your insulin and/or tablets for your diabetes and monitor as usual.

The staff will talk to you about the process leading up to the operation.

Usually you will be asked to be nil-by-mouth from midnight the night before. This means that on the morning of your C-Section you should have **NO food, No drink and No insulin.**

You should come to Beatrice Postnatal Ward at 8am.

As soon as you arrive please check your blood sugar and let the midwife who is caring for you know what your result is.

If this is between 4 and 7mmol/l they will not need to do anything else for your diabetes at this time.

Your midwife will continue to check your blood sugar every hour until your baby is born.

If at any time your blood sugar is above 7mmol/l leading up to your caesarian the midwife will set up a drip of insulin and glucose to control your blood sugar.

Once your baby has been born you no longer need to check your blood sugars and if you are on a glucose and insulin drip it can be stopped immediately.

Your blood sugar should be checked on one occasion before you go home. If this is above normal the team on the ward will discuss this with you and will let the diabetes team know. If the blood test is normal you should have this repeated in 6 weeks time – you should have a blood test card for this from clinic. If not please ask the midwife who is looking after you on the ward.

You should also have the leaflet entitled 'Gestational Diabetes Mellitus (GDM) – 'What will happen after I have had my baby' and if you have not had this, again please ask the midwife who will be able to give you this and go through it with you.