

Gestational Diabetes Care Pathway

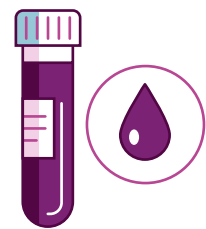
Gestational diabetes is diabetes that can develop during pregnancy. **It means you have high blood sugar and need to take extra care of yourself and your bump.** This will include eating a healthy diet, keeping active and engaging with tailored diabetes prevention programmes that will support you to reduce your chance of developing type 2 diabetes.

EARLY PREGNANCY:

1

Either early pregnancy or 26-28 weeks: you will be diagnosed with gestational diabetes if your blood results are:

Fasting blood sample ≥ 5.6 mmol/l
Second blood sample (2 hours post sugary drink) ≥ 7.8 mmol/l



2

Telephone call to inform of positive result (within 5 working days).

Email sent with information on healthy lifestyle management and how to monitor blood glucose (sugar) levels throughout pregnancy.

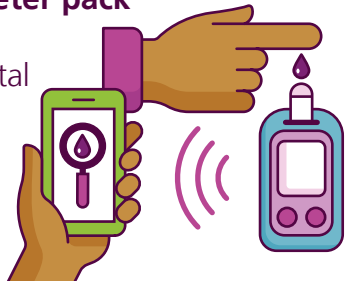
From this point forward, Consultant-Led Care is recommended.



3

Collection of **blood glucose meter pack** from: Antenatal Clinic, Level 4, Gledhow Wing, St James's Hospital Monday – Friday 9:00 -16:30hrs

And link the meter up to the 'GlucoContro' App.



4

Informing GP

A letter will be sent to your GP requesting a repeat prescription for your blood glucose meter strips and lancets.



5

Blood glucose monitoring throughout pregnancy

Check blood glucose levels 4 x daily
Initially on waking – less than 5.3 mmol/l
1 hr post meals – less than 7.8 mmol/l
keep a food diary for the first week



6

First diabetes care appointment

(within 1 week of diagnosis). This is with a dietitian. Tailored individualised advice and support given.

Have your food diary to hand.

Telephone appointment but can be in person if preferred.



7

Diabetes Clinic

Every 2-4 weeks - Usually by phone. We cannot guarantee a specific time during the clinic, so keep your phone with you.

Growth scans

4 weekly from 28-29 weeks (28/32/36 weeks)



8

Last diabetes care appointment: approximately 36 weeks:

- Birth planning with Obstetrician and last growth scan.
- Induction of labour may be offered up to 40+6 depending on circumstances.
- At this time discuss the benefits of colostrum harvesting with your midwife - leaflet about **Antenatal Colostrum Harvesting with Diabetes**



POST BIRTH

9

After the birth In hospital:

- Monitor your blood glucose for first 24 hours.
- Then discontinue unless readings are above 11mmols.
- Discontinue any diabetes medication.
- Baby will need blood glucose monitoring and observation for 24 hours.
- Minimum stay for 24 hours post birth.



10

Post Birth Recommendations:

- Book a 3 month HbA1c blood test at your GP Surgery.
- Annual HbA1c every year thereafter.
- Self-refer to the national diabetes prevention programme.
- Review lifestyle and diet.
- Losing excess pregnancy weight will reduce your chance of developing pregnancy diabetes again or Type 2 diabetes in the future.



Leeds Maternity Care

ADDITIONAL INFORMATION

Risks of Gestational Diabetes:

- Bigger babies
- Small increased chance of babies shoulders being difficult to deliver at birth
- Increased chance of induction of labour
- Increased chance of caesarean birth
- Increased chance of baby having low blood glucose levels in the first few days of life
- Small increased chance of stillbirth
- Extra scans and appointments at the hospital during pregnancy



The risks associated with having gestational diabetes are reduced with good blood glucose control and following a healthy lifestyle.



Pairing with the blood glucose app will allow the hospital team to remotely view your blood glucose readings and offer timely glucose management support throughout pregnancy.



Healthy Living Advice

- Information in welcome pack and email
- Information on Leeds Maternity Website
- Aim to limit sugary foods and drinks, be mindful of portion sizes and types of some carbohydrate foods



www.diabetes.org.uk/diabetes-the-basics/gestational-diabetes



Lots of increased benefits to breastfeeding if you have gestational diabetes:

- Helps to stabilise baby's blood glucose levels post birth
- Protective for child obesity and type 2 diabetes in later life



Remember when going into hospital for birth:

- ✓ Bring in your blood glucose meter and plenty of strips and lancets
- ✓ Bring in all medications currently taking
- ✓ Regular blood glucose monitoring will be needed whilst in Hospital



Did you know?

Up to 50% of people who have gestational diabetes in pregnancy go on to develop type 2 diabetes in the 5-10 years after birth.



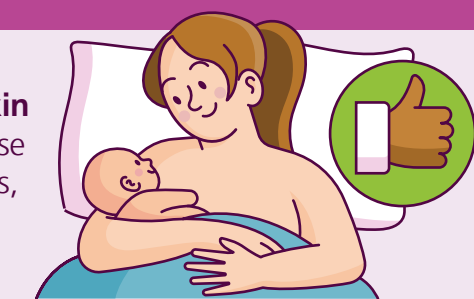
Self-refer to the FREE National Diabetes Prevention Programme to reduce your chance here:

<https://healthieryou.reedwellbeing.com/gestational-diabetes/>



This can be done in pregnancy or post birth.

Holding your baby in **skin to skin contact** is a great way to stabilise your baby's blood glucose levels, promote bonding and optimise feeding opportunities.



Annual screening by having a blood test for type 2 diabetes is recommended to improve timely detection and treat and manage the condition in the early stages.

