



Supporting our Smokefree Trust

In order to look after the health of our staff, patients and visitors, we ask you politely not to smoke while you are on the hospital grounds.

If you would like support and advice to quit smoking, our Pharmacy shop on the main corridor can help you with further information, so just pop along and have a chat with a Pharmacy stop smoking advisor.

Alternatively, the following Advice and Services are available to you:

Stockport Stop Smoking Service, ABL Health
 stockportwellness@ablhealth.co.uk | 0161 870 6492
 For confidential stop smoking advice and support.

NHS Choices & National Smokefree Helpline
 www.nhs.uk/live-well/quit-smoking | 0300 123 1044

Stop Smoking Midwife

Contact our Hospital Switchboard on 0161 483 1010 and ask for the Stop Smoking Midwife

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Blacking out. Blood loss.	Stepping Hill Hospital A&E or 999 Emergencies only

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:
Patient and Customer Services
 Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

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GESTATIONAL DIABETES (POSTNATAL)

ANTENATAL CLINIC

Patient Information Leaflet

An information leaflet for postnatal women who have had diabetes during pregnancy

INTRODUCTION

After your baby is born, your blood glucose level generally returns to normal. If you were treated with insulin or metformin these will have been discontinued and you can stop doing your blood glucose testing. The midwife will have asked you to check your fasting blood glucose prior to going home. If it is below 6 your GP will be asked to do a fasting blood glucose and a HbA1c blood test to check for diabetes at your postnatal appointment. If it is 6 or above, a glucose tolerance test will be arranged for 8 weeks' time. It is very important to attend, as this test will confirm that the diabetes has disappeared. The results will be sent to you with further follow up if necessary.

WILL IT GO AWAY AFTER THE BABY IS BORN?

As you have had gestational diabetes there is a 30-80% risk of developing Type 2 diabetes later in life (compared to a 10% risk in the general population).

Certain groups of the population have increased risk of developing Type 2 diabetes. It is more common in people who:

- Are over the age of 40
- Are overweight (about 80 per cent of people with type 2 diabetes are overweight at diagnosis)
- Are of Asian, African or African-Caribbean descent
- Have experienced gestational diabetes
- Have a family history of diabetes

Type 2 diabetes develops when the body can still produce some insulin, though not enough for its needs, or when the insulin that the body does produce does not work properly.

POSTNATAL BLOOD RESULTS

Fasting plasma glucose level below 6.0 mmol/litre or HbA1c level below 39 mmol/mol (5.7%)

- You have low probability of having diabetes at present
- You should continue to follow the lifestyle advice (including weight control, diet and exercise)
- You will need an annual test to check that your blood glucose levels are normal

Fasting plasma glucose between 6.0 and 6.9 mmol/litre or HbA1c level between 39 and 47 mmol/mol (5.7% and 6.4%)

- you are at higher risk of developing type 2 diabetes- discuss with your GP

Fasting plasma glucose level of 7.0 mmol/litre or above or HbA1c 48 mmol/mol (6.5%)

- you are likely to have type 2 diabetes, but you will need another diagnostic test to confirm this.

WILL I HAVE DIABETES IN MY NEXT PREGNANCY?

Diabetes may recur in your next pregnancy; inform your GP or midwife as soon as you become pregnant so an appointment can be arranged to see the diabetes midwife at 12-14 weeks gestation. A glucose tolerance test may be done at 26 weeks gestation.

HOW CAN I REDUCE THE RISKS OF GETTING IT AGAIN?

Being the right weight for your height may cut your risk of having it again. It is important to continue with the healthy diet, which was advised by the dietician during pregnancy. Exercise is good for keeping you fit and healthy and it is recommended that you have 30 minutes of 'moderate activity' five times a week.

The GP may refer you to the Healthier You NHS Type 2 diabetes prevention programme. This is a short course to help you prevent diabetes in the future.

SYMPTOMS OF DIABETES TO LOOK OUT FOR AFTER PREGNANCY ARE:

- Increased thirst
- Passing urine more frequently
- Excessive tiredness
- Repeated infections

IF YOU ARE WORRIED IT MAY HAVE COME BACK

Your GP has been informed you have had gestational diabetes and will be following you up. Recent research recommends an annual HbA1c which we advise you to arrange with your practice nurse around the time of your baby's birthday. If you have any symptoms make an appointment to see the GP or practice nurse as soon as possible.

CONTACT US

Contact our Hospital Switchboard on:

0161 483 1010

And ask for one of the following:

***Antenatal Clinic
Diabetes Specialist Midwife***

OTHER USEFUL CONTACTS

Diabetes UK

www.diabetes.org.uk