

A positive test ...what can I do?

1. Learn about diabetes in pregnancy

- Talk with your doctor, midwife or diabetes educator.

2. Maintain a healthy lifestyle

- Enjoy regular physical activity - take the time to walk to the shops, park, beach or friends house.
- Eat well - enjoy a variety of nutritious foods.
- Monitor your blood glucose level.
- Make this a family affair -help your children develop healthy lifestyle habits and greatly reduce their risk of developing diabetes in the future.

3. Breast Feed

- Breastfeeding can provide health benefits for you and your baby.

These practices will help to give your baby a healthy start.

Your future health

Women who have had diabetes in pregnancy are advised to ask their doctor for a diabetes test:

- At least every two years.
- If you are planning to have another baby.
- If you become pregnant.

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Delivering a Healthy WA

Diabetes Screening in Pregnancy

PREGNANCY



Diabetes in pregnancy

The medical term for diabetes found in pregnancy is **Gestational Diabetes Mellitus (GDM)**.

GDM affects 5% to 10% of pregnant women.

Women who develop diabetes in pregnancy have a higher risk of related problems including the birth of a large baby.

Diabetes in pregnancy usually occurs as a result of family inherited factors combined with the effect of hormone changes during pregnancy.

Facts about GDM

- GDM usually develops between the 24th and 28th week of pregnancy.
- Once the baby is born, blood glucose levels return to normal in most women.
- Women with diabetes in pregnancy cannot give their baby diabetes.
- Women who have had diabetes in pregnancy have a 50% risk of developing Type 2 diabetes within 20 years. This risk can be greatly reduced through a healthy lifestyle.

Should I be tested?

Ask your doctor for a test if you:

- are pregnant
- have a family history of diabetes
- are of Aboriginal, Asian or Middle Eastern descent
- are over 30 years of age
- are overweight
- have previously had diabetes in pregnancy.

The Australian Diabetes in Pregnancy Society recommends that all pregnant women be screened for GDM.



Tests for diabetes in pregnancy

Your doctor may offer one of two tests to look for diabetes in pregnancy:

1. Glucose Challenge Test (GCT)

- No fasting required.
- Drink a 50g (or 75g) glucose (sweetened) drink.
- A blood test one hour after the drink.

The Glucose Challenge Test (GCT) does not provide a conclusive diagnosis of diabetes in pregnancy. With a result of 7.8mmol/L or greater you will need to see your GP to arrange an oral glucose tolerance test (GTT).

2. Glucose Tolerance Test (GTT)

- A blood test after fasting (no food or sweet drinks) for 10 hours.
- Drink a 75g glucose (sweetened) drink.
- A blood test two hours after the drink.

Gestational Diabetes is diagnosed in pregnancy if your blood glucose is:

- Above or equal to 5.5mmol/L before the drink
- And/or above or equal to 8.0mmol/L two hours after the drink.