> King Edward Memorial Hospital

**Diabetes Screening** 

# A positive test ...what can I do?

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

## 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. Breastfeed

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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### WOMEN AND NEWBORN HEALTH SERVICE

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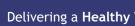
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in Pregnancy





# 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 24<sup>th</sup> and 28<sup>th</sup> 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 you a test to look for diabetes in pregnancy.

### Glucose tolerance test (GTT)

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

