



Information for  
patients and  
carers

Testing for diabetes in pregnancy

During pregnancy the way in which your body responds to the glucose (sugar) in your food changes. This does not usually cause any problems, but some mothers can develop a form of diabetes (called gestational diabetes). If untreated, your health and your baby's health can be damaged. Severe untreated cases of diabetes can result in the death of the baby while still in the womb. Babies of mothers with uncontrolled diabetes also grow much larger than average in the womb; this may cause problems at birth and also with feeding in the first few days after birth.

**It is very important to diagnose diabetes as early as possible in pregnancy.**

As part of your health assessment at the start of pregnancy you are thought to be at a higher risk of developing gestational diabetes. You will have been offered a blood test at the start of your pregnancy to check your blood glucose levels and your HbA1C (a blood test that shows how well controlled your blood glucose levels have been over the past 3 months).

We recommend that we retest for diabetes at 28 weeks of pregnancy. We will recheck your HbA1C levels and also perform a fasting blood glucose test.

## **Prior to the test**

- Continue with your normal diet and activities for at least one week before the test.
- Do not eat from midnight on the night prior to the test. Please do not take any Gaviscon or Lactulose overnight. Take any other prescribed medication as normal, but please tell us when you come for the test.
- On the day of the test you may drink water only.
- Please do not smoke on the morning of the test. Nicotine patches should be removed on the morning of the test.
- Please bring your hand held notes with you to the test.

## After the test

You will be able to have an antenatal check with a midwife in the clinic and then you may leave the hospital.

We will telephone you by the end of the next working day to tell you the results of your diabetes test.

Please can you make sure that we have your correct phone number and that your phone/mobile will be switched on and accept withheld numbers.

## Treatment

If you are found to have diabetes you will be referred to a midwife and consultant who specialise in the treatment of diabetes in pregnancy. Treatment may only mean making simple changes to your diet, but sometimes tablets or insulin injections may be needed.

Your diabetes will be closely monitored throughout the rest of your pregnancy and in the days after your baby is born. In many cases no further treatment is needed after the baby's birth.

A repeat glucose test will be carried out 3-6 months after your baby's birth to confirm that the diabetes is no longer present. If the glucose levels in your blood are still raised you will be asked to see your GP to discuss these results and any future health issues.

## Contact details

Should you have any queries or cannot keep your appointment please contact:

Antenatal clinic, Sharoe Green Unit  
Specialist Midwife for Diabetes

**01772 524272**  
**01772 777621**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.accessable.co.uk](http://www.accessable.co.uk)  
[www.nice.org.uk](http://www.nice.org.uk)  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

### Important

**You must not eat from midnight on the night prior to your test appointment:**

**Date.....**

**Time.....**

### Place:

**Antenatal Clinic, Sharoe Green Unit, Royal Preston Hospital.**

## **Lancashire Teaching Hospitals is a smoke-free site.**

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

### **Cantonese:**

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

### **Gujarati:**

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

### **Hungarian:**

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

### **Polish:**

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

### **Punjabi:**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿੱਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

### **Urdu:**

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

**Department: Maternity**

**Division: Women's and Children's**

**Production date: April 2020**

**Review date: October 2023**

**JR 465 v1**