What can you do?
Irrespective of what the results are, you should:

**Exercise more**
- Be physically active 30 minutes a day, at least 5 days a week, enough to make you breathless.
- Choose an activity you enjoy. This could be swimming, yoga, walking and jogging.

**Eat more healthily**
- Make healthy food choices and eat smaller portions.
- Increase fibre intake.
- Choose more fruits and vegetables, beans and whole grains.
- Cut down on sugar and fatty and fried foods.
- Eat at least 5 portions of fruit and vegetables a day.

**Achieving Healthy Weight**
- After the pregnancy you should try to get your weight into the healthy range.
- It is important to remember that you do need extra energy for breast feeding, so you must consider this if you do decide to try to lose weight.
- You can get help and advice about losing weight and healthy eating from your health visitor, GP or practice nurse.

Where to get help:
**Your Diabetes team contact**
Name: ........................................

**Your Midwifery Team contact**
Name:  ........................................

**Local Hospital Contact No.**
Name:  ........................................

Care Planning: This leaflet should only be used with the ongoing advice from your Diabetes Team, as part of your plan of care.

Diabetes in Pregnancy Advisory Group

© Perinatal Institute, Crystal Court, Aston Cross, Birmingham, B6 5RQ. Website: www.pi.nhs.uk
Tel: 0121 687 3400 Email: diabetes@pi.nhs.uk
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Can you Breastfeed?

- Yes. Breast feeding provides the best nutrition for your child, gives extra protection against infection and helps you to bond with your family.
- For more information ask your midwife for the “Diabetes and Breastfeeding leaflet”.

What is your future risk of Diabetes?

- For most women gestational diabetes goes away after they have had the baby.
- However the chance of developing diabetes later in life remains high and therefore it is important to adopt a healthy life style to prevent diabetes occurring and, if it occurs, to prevent complications later in life.
- If you become pregnant again it is likely you will develop diabetes again. **PLAN your pregnancy** and tell your doctor as soon as possible.
- It is very important that you should have a glucose tolerance test or fasting blood glucose every year as you have had a pregnancy affected by diabetes. Your GP should organise this for you.
- Detecting diabetes or pre-diabetes (impaired glucose tolerance or impaired fasting glycaemia) can help prevent complications such as heart disease, stroke and kidney disease.

### GTT Results after Delivery

<table>
<thead>
<tr>
<th>Blood Glucose mmol/l</th>
<th>What does it mean?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fasting Value</strong></td>
<td></td>
</tr>
<tr>
<td>6.0 or less</td>
<td>Normal: Please follow advice in this leaflet to prevent future diabetes</td>
</tr>
<tr>
<td>6.1 to 6.9</td>
<td>Impaired Fasting Glucose: This can lead onto diabetes. Please follow advice in this leaflet to prevent future diabetes</td>
</tr>
<tr>
<td>7.0 or more</td>
<td><strong>Diabetes</strong> is diagnosed in most cases: Specific advice will be given on diet, physical activity, weight reduction and medication</td>
</tr>
<tr>
<td><strong>2 Hour Value</strong></td>
<td></td>
</tr>
<tr>
<td>7.8 or less</td>
<td>Normal: Please follow advice in this leaflet to prevent future diabetes</td>
</tr>
<tr>
<td>7.9 to 11.0</td>
<td>Impaired Glucose Tolerance: Please follow advice in this leaflet to prevent future diabetes</td>
</tr>
<tr>
<td>11.1 or more</td>
<td><strong>Diabetes</strong> is diagnosed in most cases: Specific advice will be given on diet, physical activity, weight reduction and medication</td>
</tr>
</tbody>
</table>