



At 13 weeks
(3 months) and
every year, get an
HbA1c check.

Had Gestational Diabetes?

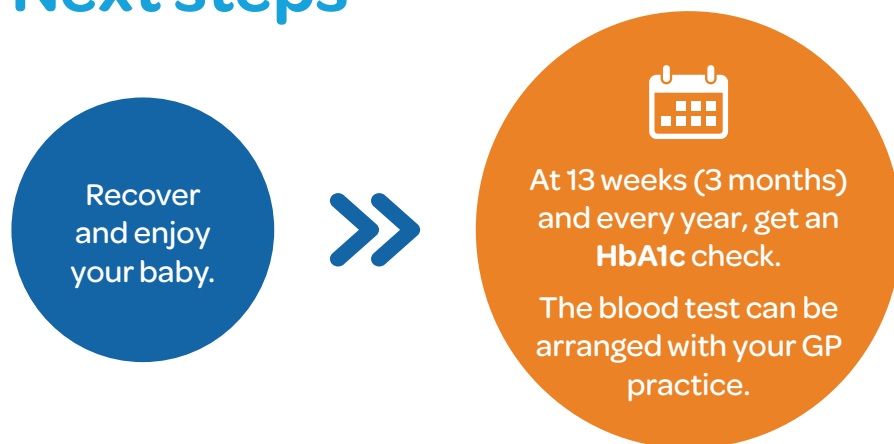
You're at higher risk of developing
Type 2 Diabetes, even if your blood
glucose levels are normal now.



There's no need to feel alone...

We provide a range of support to help prevent
Type 2 Diabetes and prepare for any future pregnancies.

Next steps



Date of 13 week blood test appointment:

Does Gestational Diabetes go away after my baby is born?

Gestational Diabetes usually goes away after giving birth. However, women who have had Gestational Diabetes are at higher risk of developing Type 2 Diabetes in the following 5 to 10 years so it is important to get your blood glucose checked 13 weeks after the birth of your baby and once a year after this to ensure your blood glucose remains within the normal range. Having a diagnosis of Gestational Diabetes means you have a 50% higher chance of developing diabetes during your lifetime than the average population. The good news is there are things you can do to help reduce your risk of developing Type 2 Diabetes.

What are the chances of getting Gestational Diabetes again?

You're more likely to develop Gestational Diabetes again if you had it in previous pregnancies. If you're overweight, you can reduce your risk of getting it again with some changes to your lifestyle.

We know life is busy and our good plans can sometimes seem less important than taking care of baby. That's why we're here to support you making those little changes that make all the difference.

I feel overwhelmed and alone with everything. I'm not sure where to turn.

You are not alone. We have a range of support available along with recorded online and face to face programmes developed to help prevent Type 2 Diabetes.

Our website www.nhsgrampianddiabetes.scot.nhs.uk and Facebook page can link you to practical things like:

- How to prepare delicious family meals and snacks to help prevent diabetes.
- Showing you easy ways to move your body without having to go to a gym if that's not your thing.
- How to get the support and encouragement you need to feel better about your physical and emotional wellbeing so you feel ready to make the small changes that matter.

Dietetic support

You can book an appointment to have a chat with a Dietitian to explore the support that would be best for you. They will be able to refer you to other services or provide you with support during the consultation. These consultations are telephone discussions and take around 45 mins. You can choose to be seen face to face too.

To get in contact please call us on **01224 655708** or you can email us at gram.patientgroupeducation@nhs.scot

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for more
information



Visit our website for tips, advice and more
nhsgrampiandiabetes.scot.nhs.uk

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