

WHAT CARE TO EXPECT IF YOU HAVE GESTATIONAL DIABETES



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

MAKING THE MOST OF YOUR APPOINTMENTS

Everybody with gestational diabetes should be able to have good quality conversations with their healthcare teams, where you can discuss your individual needs and progress.

Before you go, think about:

- Which areas of your diabetes care you would like to focus on. Perhaps take a list of three bullet points with you that you want to discuss.
- Is there anything that's worrying you about your diabetes?
- Whether your diabetes is affecting your general wellbeing and what help you might need.
- Whether you've read, or seen anything online that you want to discuss, like new research or a particular type of diabetes tech.

During the appointment:

- Remember that your healthcare team should always be led by your needs.
- If your questions aren't being answered, don't be afraid to ask again and bring the conversation back to what you want to discuss.
- If the appointment feels like it's all about your diabetes numbers, try asking if you can discuss how diabetes is affecting your life and not just your blood sugars.
- At the end of your appointment, agree a clear plan of action, including how long it should be until your next appointment.

About this leaflet

If you've been diagnosed with gestational diabetes, you should get certain checks and tests with your healthcare team to help you manage your condition well and have a healthy pregnancy.

This leaflet will help you to:

- Understand what help you should be able to get when you need it.
- Know what checks you should have regularly.
- Make a checklist of what you've already had and still need.
- Make notes about what you want to discuss with your healthcare team that you can bring to your appointments.

Regular reviews and changes, if needed, to your medication. This may include a prescription for folic acid 5mg, if you have been diagnosed with GDM before 13 weeks.

Advice about physical activity and how this affects your blood sugar levels during pregnancy.

You should get help to have a healthy pregnancy, and support for your emotional wellbeing, including:

Information about the medical exemption form for free prescriptions if you live in England. You don't need this in Northern Ireland, Scotland, and Wales as prescriptions are free for everyone.

Being offered home blood pressure monitoring if needed.

The chance to meet and get support from other people living with gestational diabetes.

Emotional and psychological support from your healthcare team and access to specialist mental health support if you need it.

Being offered vaccines for flu, Covid-19 and whooping cough if you have not already had them.

Being offered any other vaccines you or your healthcare team think you may have missed.

A discussion with your maternity team before you have your baby about safe, effective contraception after delivery.



WHAT IF I'M NOT GETTING THE CARE I NEED?

Sometimes it can be difficult to get the standard of care you should expect. If you don't think you are getting the checks you should be, speak to your healthcare team. You could take this leaflet with you and use it to help you ask about specific checks or types of support.

If that does not help you, you may want to make a complaint. You can find out more at diabetes.org.uk/care-complaints

If you're still not happy with the care you're getting, you can ask for your diabetes care to happen at a different clinic or hospital. You can find out more by speaking to your GP or calling our helpline on **0345 123 2399**.



GET IN TOUCH

Call **0345 123 2399**

Email **helpline@diabetes.org.uk**

Visit **diabetes.org.uk**

Search **Diabetes UK** on Facebook, X, YouTube, Instagram and TikTok



We welcome your feedback. If any information in this guide has been particularly helpful or if you would like to suggest any improvements, please send your comments to: **helpline@diabetes.org.uk** or write to us at: Diabetes UK Helpline, Wells Lawrence House, 126 Back Church Lane, London E1 1FH

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