

## Testing for Diabetes in Pregnancy - Why Me? (1 of 1)

What is Gestational Diabetes Mellitus (GDM) and does it matter?

GDM is a type of diabetes that arises in pregnancy. If you have GDM and it is left untreated there is an increased chance that your baby will grow bigger than normal, which can cause problems when your baby is born. Your baby may also be more at risk of low blood sugar and jaundice after being born. If GDM is recognised and treated then these risks are reduced.

Why has the midwife suggested that I should be tested?

Overall, GDM affects about 1 in 100 women.

Some people are more at risk, particularly those who are overweight, have a family history of diabetes, have had a large baby in the past or are of South Asian origin. If you fall into one of these groups then your midwife will suggest that you are tested for GDM.

You will also be advised to have the test if you persistently have sugar in your urine or if your midwife feels that your baby is larger than expected for how pregnant you are.

What does the test involve?

To diagnose GDM we carry out a test called a glucose tolerance test. This involves having a fasting blood sugar level measured (after going without food for at least 10 hours from the night before) followed by a sugary drink followed by a second blood sample 2 hours later.

To make an appointment that is convenient please would you telephone 01722 425178 between 5-7 pm Monday to Friday.

After you have had the test, if the result is abnormal you will be telephoned and an appointment will be made for you to come to see the diabetes team within a week, to discuss the results further and plan your ongoing management.

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: [palservice@salisbury.nhs.uk](mailto:palservice@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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