

Gestational Diabetes

What is it?

Diabetes develops if the body can't make enough insulin. Insulin helps the body to absorb sugar from the blood. Some women get a type of diabetes when they are pregnant. This is called gestational diabetes. Gestational diabetes usually goes away after your baby is born. But, without proper care, the condition may cause health issues for you and your baby.

What will my GP do now?

You'll be referred to your local hospital's antenatal clinic (unless you have a private obstetrician). The clinic staff will arrange referrals to specialists, nurses, or other health professionals.

The staff will also:

- Help you manage your condition
- See you regularly to check your progress
- Show you how you can change your lifestyle to ensure a healthy pregnancy and birth
- Talk to you about medicine if your blood sugar levels stay high

Your GP will support you through this process.

What will my GP do in the future?

Over months, and even years, your GP will regularly review your blood sugar levels. You'll need to see your GP six weeks after your baby is born.

Your GP will:

- Tell you if you need to stop taking any medicine
- Test your blood glucose
- Give you resources about the benefits of breastfeeding (which helps to reduce the risk of your baby developing type 2 diabetes)
- Give you options for birth control
- Talk to you about future pregnancies

What can I do?

Learning how to manage your condition and living a healthy lifestyle are both important steps to take. Here's how you can ensure a healthy pregnancy:

- Eat a healthy, low-fat, low-sugar diet – speak to a dietitian or diabetes educator for meal plans and advice
- Exercise regularly – exercise helps to lower high blood sugar levels, so try to take a brisk walk for 30 minutes each day
- Follow your gestational diabetes plan – make sure you know about your future tests, any medicine you need to take, and who to call if you have questions
- Don't aim for weight loss – the focus is on managing the condition, not losing weight
- Monitor your blood sugar levels – your GP will show you how

The National Gestational Diabetes Register

The National Diabetes Service Scheme (NDSS) runs the National Gestational Diabetes Register.

It provides information and resources for women with gestational diabetes.

To contact the National Gestational Diabetes Register, call the NDSS Helpline on 1800 637 700 or email info@ndss.com.au

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What questions could I ask my doctor?



- What foods should I avoid?
- Is my baby going to be healthy?
- Will I develop type 2 diabetes?
- Will this go away when i'm not pregnant?
- How will I know when my blood sugar is high?
- What are the risks of gestational diabetes?



What supports are available?

Local diabetes services

Each local hospital in South Western Sydney has a gestational diabetes clinic as part of its antenatal clinic services. These clinics provide free support and resources for women with gestational diabetes.

Bankstown Hospital Antenatal Clinic: Phone [9722 8333](tel:97228333)

Fairfield Hospital Antenatal Clinic: Phone [9616 8506](tel:96168506)

Bowral and District Hospital Antenatal Clinic: Phone [4861 0224](tel:48610224)

Liverpool Hospital Antenatal Clinic: Phone [8738 4197](tel:87384197)

Campbelltown and Camden Hospital Antenatal Clinic: Phone [4634 4963](tel:46344963) or [4654 6222](tel:46546222)

Private specialists

Talk to your GP about whether you need a referral for a private obstetrician, diabetes educator, dietitian or endocrinologist.

Where can I learn more?

National Diabetes Services Scheme (NDSS)

- Information about gestational diabetes in your language: ndss.com.au
- Understanding gestational diabetes: ndss.com.au
- Your health after gestational diabetes: ndss.com.au
- Understanding gestational diabetes videos: ndss.com.au

Diabetes Australia

- Gestational diabetes: diabetesaustralia.com.au
- Managing gestational diabetes: diabetesaustralia.com.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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