

*Royal Victoria Infirmary
Directorate of Women's Services
Ante-Natal Clinic
Direct line 0191 2825849*

Dear Ms

As you know, during your recent pregnancy you developed gestational diabetes. We hope that this will have resolved after delivery, but to check this please arrange to have a simple blood test, HbA1c, done by your GP 12 -13 weeks following the birth of your baby.

There is a high chance that you will develop diabetes during any further pregnancies. Because of this we recommend that you start once weekly home blood glucose monitoring before 16 weeks of pregnancy, or have a glucose tolerance test at 16 weeks.

You are also aware that you have a high chance of developing Type 2 diabetes later in life. On average, one in 4 women who have had gestational diabetes will develop Type 2 diabetes within 4 years of their pregnancy, and one in two women within 10 years. Because of this, it is sensible to have an HbA1c blood test done once a year.

Reducing body weight to a good level and keeping active will delay or even prevent the onset of Type 2 diabetes.

Kind Regards

Dr M MacDougall
Consultant Obstetrician

HbA1c Interpretation

<42 mmol/mol	no diabetes currently
42 – 47 mmol/mol	intermediate risk
≥48 mmol/mol	diabetes likely; repeat within 2 weeks to confirm

Cc GP