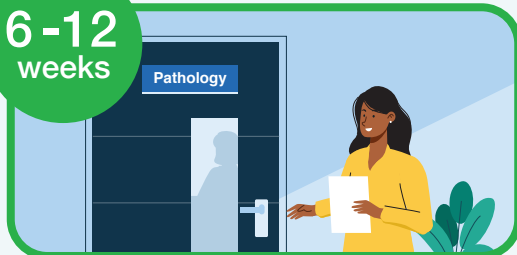




Diabetes checks after gestational diabetes

All women who have had gestational diabetes benefit from regular diabetes checks after pregnancy. Diabetes checks show if your blood glucose levels are in the healthy range. Regular diabetes checks help you stay on top of your health.

6-12 weeks



- Your first diabetes check is recommended 6-12 weeks after pregnancy.
- This check is the same as the one that most women had to diagnose gestational diabetes. It is called an oral glucose tolerance test.

1-3 years



- Ongoing diabetes checks are recommended every 1 to 3 years.
- These are usually a simple blood test.

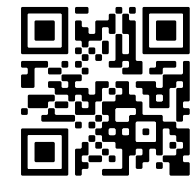


- If you are thinking about having another baby, talk to your general practitioner (GP). They will suggest a diabetes check every year. This may be an oral glucose tolerance test.
- Discuss pregnancy planning with your GP.



- Find out more on the NDSS website.

ndss.com.au



National Gestational Diabetes Register

After pregnancy, you will receive reminders for diabetes checks and healthy lifestyle information from the National Gestational Diabetes Register.



The NDSS is administered by Diabetes Australia