

Registering women with gestational diabetes

When women with gestational diabetes are registered on the NDSS they are automatically included on the National Gestational Diabetes Register.

Health professionals who are authorised to certify NDSS registration, should ensure a woman's regular GP or GP practice is listed on the NDSS Registration Form. This ensures that their GP receives ongoing reminders for the woman's follow-up.

Accurate contact details, including email, mobile number and postal address, are also important for ongoing communications from the Register.

Women can opt-out of the National Gestational Diabetes Register at any time by contacting the NDSS.

Keeping details up to date

If a woman's details change, or they are no longer under the care of the same GP, contact details can be updated by:

- » Visiting ndss.com.au or
- » Calling the NDSS Helpline on **1800 637 700**



ndss
National Diabetes Services Scheme
An Australian Government Initiative

NDSS Helpline
1800 637 700
ndss.com.au

NATIONAL
**GESTATIONAL
DIABETES**
REGISTER



**Information
for health
professionals**

More information

For more information about the National Gestational Diabetes Register, visit our website ndss.com.au or call the NDSS Helpline on **1800 637 700**.

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The NDSS is administered by Diabetes Australia

NATIONAL GESTATIONAL DIABETES REGISTER

About the National Gestational Diabetes Register

The National Gestational Diabetes Register is part of the National Diabetes Services Scheme (NDSS) and is administered by Diabetes Australia.

All women registered on the NDSS with gestational diabetes are automatically included on the National Gestational Diabetes Register. More than 40,000 women with gestational diabetes are registered every year.

The register was established in 2011 to assist in the postnatal care of women diagnosed with gestational diabetes. Reminders for regular type 2 diabetes checks are sent to both women on the register and their nominated general practitioner (GP). Women also receive information on how to maintain a healthy lifestyle and reduce the risk of type 2 diabetes in the future.

The National Gestational Diabetes Register is a reminder system, not a clinical register.



Why have a Register?

For most women, diabetes disappears after pregnancy; however, up to 1 in 5 women who have had gestational diabetes will continue to have high blood glucose levels.

For this reason, it is recommended that women have a follow-up oral glucose tolerance test (OGTT) 6-12 weeks after the baby is born (or as soon as possible after this time). This is to check that their blood glucose levels have returned to the normal range.

Women who have had gestational diabetes also have a 50% risk of developing type 2 diabetes or pre-diabetes within 10–20 years. Ongoing diabetes screening is therefore recommended every 1-3 years.

How often a woman should be checked depends on her risk factors for type 2 diabetes, the results of previous tests and whether she is planning any more pregnancies.

Postnatal follow-up and care

Many women are currently not being screened for diabetes and are not aware of their future risks. The National Gestational Diabetes Register helps raise awareness of these risks among women and their GPs, and encourages ongoing screening and prevention.

General practitioners play an important role in the postnatal follow-up and care of women with gestational diabetes.

How does the Register work?

Women and their nominated GP are sent communications from the National Gestational Diabetes Register, as shown below:

	Woman	General Practitioner
At registration	Welcome letter, NDSS card and Caring for yourself and your baby booklet	Notification that the woman is registered on National Gestational Diabetes Register
After the birth of the baby	Reminder for follow-up OGTT and Life after gestational diabetes booklet	Reminder for follow-up OGTT
Annually for 5 years	Reminder for regular type 2 diabetes checks	Reminder for regular type 2 diabetes checks