

NATIONAL GESTATIONAL DIABETES REGISTER

This is to remind you about having a follow-up diabetes check after your pregnancy with gestational diabetes. A diabetes check shows if your blood glucose levels have returned to the healthy range.

We know that it is a busy time, but staying healthy after pregnancy is important, for you and your family. Women who have had gestational diabetes are more likely to develop type 2 diabetes. This is why a follow-up diabetes check is recommended.

If you have not had this check done yet, now is a good time to visit your general practitioner (GP) who will organise it for you. You can find out more about diabetes checks in the below flyer.

The National Gestational Diabetes Register will continue to keep in touch. We will send reminders and support you to manage your future health. The Register will also send reminders to your GP (as listed in the email or letter you received from us).

To update your details, your GP's details, or if you no longer wish to receive communications from the Register, please visit ndss.com.au/gdm-update.

If you have any questions, please contact at info@ndss.com.au or call the NDSS Helpline on **1800 637 700**.

Yours sincerely,

Jan Ridd

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Why do I need a diabetes check?

Women who have had gestational diabetes have an increased risk of type 2 diabetes. Up to 1 in 5 women will continue to have high blood glucose levels after pregnancy. A follow-up diabetes check can show if your blood glucose levels have returned to a healthy range.

“Early detection is a big deal. If I do get diabetes, it’s more manageable the quicker you get onto it. My children, my family are a big motivation for me, so doing the test is worth it” **Anna, 29 years**

What are diabetes checks?

The first check is an **oral glucose tolerance test (OGTT) 6–12 weeks after pregnancy**. This is the same as the check most women had during pregnancy.

If you have not had this check, now is a good time to ask your GP. The check takes about 2 hours and is part of recommended care. Your GP can organise a referral for you. The OGTT is usually free (bulk-billed), please ask your GP or pathology provider.

“I got a letter reminding me to have a check... I was a bit reluctant but then I spoke to my doctor, and she said I should have it”
Siew, 34 years.

What information will I get next?

You and your GP will be sent reminders for ongoing diabetes checks. These reminders will be sent every year for the next five years. Your GP will advise you on the type of test and how often you need to have it done.

If your diabetes check shows that you have high blood glucose levels, your GP and the NDSS are here to support you. The NDSS provides programs and resources to help people live well with diabetes.

How can I find out more?



Scan the QR code for more information about diabetes checks, staying healthy to reduce your risk of type 2 diabetes and planning for a future pregnancy.

Need more support?

Contact your GP, local hospital maternity service, or call the NDSS Helpline on **1800 637 700**.

Go to ndss.com.au/gdm-update to update your contact details or opt out of the Register.

Find more information at
ndss.com.au/gestational-diabetes