

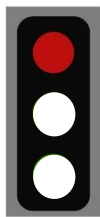
Had gestational diabetes?

Have you had your follow up appointment?

You are at **HIGHER RISK** of developing type 2 diabetes

You need to have a blood test (called an HbA1c) at your GP practice 13 weeks after giving birth and then every year for life. This monitors your blood sugar levels to check your risk of type 2 diabetes.

Which traffic light are you at?

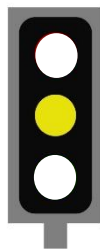


RED

I **have not** had my HbA1c blood test (13 weeks after giving birth or in last 12 months)

What should I do?

Contact your GP to book a HbA1c blood test to check your blood sugar levels as soon as possible.



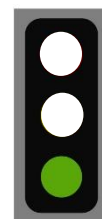
AMBER

I **have** had my HbA1c blood test, but I'm not sure how to manage my risk of developing type 2.

Read through the 'What Care to Expect if you have gestational diabetes' booklet.

Search 'what care gestational' on www.diabetes.org.uk for a digital copy or call the Diabetes UK (DUK) Shop on **0800 585 088** to have this posted for FREE.

You can contact the DUK helpline on **0345 123 2399** for further support (Mon-Fri 9am-6pm).



GREEN

I **have** had my HbA1c blood test and feel confident to manage my risk of developing type 2.

What should I do?

Keep up the good work!

Explore [Diabetes UK resources](#) on gestational diabetes and how to reduce your risk of type 2 or their helpline on **0345 123 2399** (Mon-Fri 9am-6pm)

Contact the **NHS Diabetes Prevention Programme** to find out about their free & friendly in-person and online courses to help you manage your risk of type 2 diabetes:

<https://www.england.nhs.uk/diabetes/diabetes-prevention/healthier-you-nhs-diabetes-prevention-programme-gdm/#south-west>

If you are unsure of which area you come under, please e-mail england.ndpp@nhs.net

Thinking about another pregnancy? Speak to your GP for advice, find [NHS preconception advice online](#) or [Tommy's Pregnancy Planning Tool](#).

Contact your GP if you are concerned about your risk of type 2 diabetes. This is **10 times** greater than someone who hasn't had gestational diabetes – but there's lots of support available to help you live well.