

# Aftercare for women who have diabetes during pregnancy (gestational)

Diabetes Management

Last reviewed: March 2026

Information for Patients

Next review: March 2029

Leaflet number: 454 Version: 2

## What is gestational diabetes?

Gestational diabetes is high blood sugar (glucose) that develops during pregnancy. It usually disappears after giving birth.

1 in 2 people who have diabetes during their pregnancy (gestational diabetes) will go on to develop Type 2 diabetes.

It is very important that you have a blood test to check this.

## You will need to have a blood test (HbA1c) on:

..... /..... /20.....

Please arrange this with your GP surgery

## Will diabetes come back?

Gestational diabetes for most people, will go away after they give birth to your baby.

If you become pregnant in the future, you are more likely to develop gestational diabetes again. It is important that you let your midwife know that you have had gestational diabetes. We will screen you for it earlier.

There is also a higher risk that you may develop Type 2 diabetes.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals.  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## Will I always be on medication?

If you have gestational diabetes and are taking metformin tablets or insulin, we will stop these after you give birth.

## Do I need to be followed up?

Yes, your GP will need to see you 3 months after you give birth. Your GP will do a blood test to look at your long-term blood glucose control. This is called a **HbA1c test**.

You can eat normally before this test. You need to have this test every year with your GP or Practice Nurse.

## What does Type 2 diabetes mean to me?

Type 2 diabetes is a health problem where your blood glucose levels can become too high. It is a lifelong health problem. It can be managed by a healthy lifestyle or medication (insulin or tablets). Some of the health problems linked to Type 2 diabetes include:



Heart disease



Foot problems



Poor sight



Stroke

## How will I know if I have Type 2 diabetes?

Common signs of high blood glucose levels are:

If you are having any of these symptoms, please make an appointment to see your GP.



Peeing more often



Unexplained weight loss



Frequent infections



Feeling tired



Feeling thirsty

## Reducing my risk of getting Type 2 diabetes

You can make healthy choices around food and exercise. This can help you to reduce your risk of



developing Type 2 diabetes.

**Weight:** Being overweight or obese, increases your risk of developing Type 2 diabetes. Try to keep a healthy weight for your height.

**Exercise:** The more active you are, the healthier you will be. Aim to do at least **30 minutes** of exercise a day, 5 days a week.

**Food:**

- Try to avoid oily, fried or sugary foods
- Eat sensible amounts of starchy foods
- Try eating smaller portion sizes
- Use a small amount of oil (olive or vegetable oil is best)
- Aim to eat at least 5 portions of fruit and vegetables a day

If you need support making diet or lifestyle changes, please contact your GP to be referred to see a Dietitian.

**Where can I find out more information:**

**American Diabetes Association**

[Lactation Duration and Long Term Risk Link](#)

[Long term consequences of breastfeeding on cholesterol, obesity, systolic blood pressure and type 2 diabetes: a systematic review and meta-analysis - Horta - 2015 - Acta Paediatrica - Wiley Online Library](#)

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

**Contact details:**

Leicester Maternity Services: 0116 258 6111

Icons adapted from Freepik at [www.flaticon.com](http://www.flaticon.com)

Made in partnership with



UNIVERSITY OF  
**LEICESTER**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)