

HAD GESTATIONAL DIABETES?

You are at risk of developing type 2 diabetes.

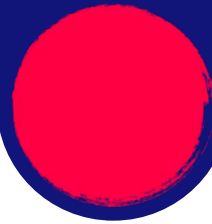
After giving birth, you'll need a fasting blood glucose test 6-13 weeks later, or if it's after 13 weeks you'll need an HbA1c test. Then an HbA1c test every year.



Scan QR code to find out more

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Red

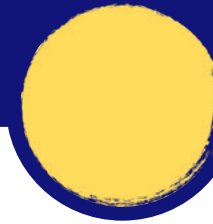


I haven't had my blood test to check my type 2 diabetes risk since giving birth over 13 weeks ago (or in the last 12 months).

What should I do?

Contact your GP to book an HbA1c blood test today to check your blood sugar levels.

Amber

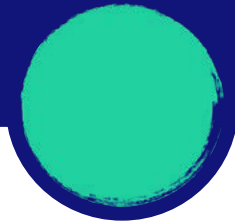


I've had my blood test to check my type 2 diabetes risk but I'm not sure how to reduce my risk.

What should I do?

You should be offered a place on a type 2 diabetes prevention course. Ask your GP surgery about courses near you.

Green



I've had my blood test to check my type 2 diabetes risk and feel confident in managing my risk of developing type 2 diabetes.

What should I do?

Keep up the good work and annual HbA1c test. Our helpline is here for you on 0345 123 2399.

MORE INFORMATION

Ask your GP surgery about free type 2 diabetes prevention courses near you.

If you've had gestational diabetes, you should be offered a place.

Find out more about reducing your risk of type 2 diabetes. You're 10 times more likely to develop it if you've had gestational diabetes. Scan the QR code or go to diabetes.org.uk/reduce-risk-tips.

Thinking of another pregnancy? Speak to your GP for advice and read our guide on what care to expect if you develop gestational diabetes again.