



# Gestational Diabetes

**Did you have gestational diabetes during your pregnancy?**

**Do you know that :**

**1 in 2 gestational diabetics go on to develop type 2 diabetes.**

**Children of gestational diabetics are 6 times more likely to develop type 2 diabetes later in life.**

## **What can you do to reduce these risks?**

**Ideally at your GP postnatal follow up check you should have a blood test for diabetes.**

**Attend your annual diabetes GP follow up appointment to have your blood checked.**

**Ensure you are referred (by your health care professional or by self-referral) to the National Diabetes Prevention Programme (NDPP) for support and healthy lifestyle advice.**

