

As you take
your baby in your arms,
*take your health in
your hands.*



You have had gestational diabetes, which puts you at increased risk of developing type 2 diabetes.

It is very important to diagnose and manage type 2 diabetes. Early diagnosis and proper management will help you:

- **Have healthy future pregnancies.** Undiagnosed diabetes in a pregnant woman increases the risk of miscarrying or having a baby born with a malformation.
- **Stay healthy and avoid diabetes complications** such as heart attack, stroke and damage to your eyes, kidneys and nerves.

You need to be tested (screened) for type 2 diabetes:

- Six weeks to six months after giving birth (with a *glucose tolerance test*).
- When you are planning another pregnancy.
- Every three years (or more often depending on risk factors).

Your glucose tolerance test:

- Depending on your particular situation, your test may be booked by you, your diabetes educator (diabetes nurse educator or dietitian), obstetrician, family doctor, diabetes specialist or another member of your healthcare team. Be sure to ask your healthcare providers who will arrange your test and who will share the results with you.
- Fast for eight hours before the test. After the lab takes a blood sample, you will be given a sugary drink. Two hours later, you will have another blood test.
- If your results are abnormal, arrange to discuss this further with your healthcare provider.

My glucose tolerance test is booked:

My glucose tolerance test results:

	My result	Results (mmol/L)	Meaning
Fasting		< 5.6	Normal
		5.6 – 6.0	Increased risk of diabetes
		6.1 – 6.9	Prediabetes
		≥ 7.0	Type 2 diabetes
Two hour		< 7.8	Normal
		7.8 – 11.0	Prediabetes
		≥ 11.1	Type 2 diabetes

Note: A diagnosis of diabetes usually requires a second abnormal blood test done on another day.