

# Gestational Diabetes Follow-Up Instructions

Dear Ms. \_\_\_\_\_.

You had gestational diabetes while you were pregnant and need to be retested for diabetes after your baby is born. Please have the test 6 weeks after your baby's birth date or \_\_\_\_\_. (6 weeks postpartum)

## **Instructions:**

- Call my office** \_\_\_\_\_ to schedule the test or
- Go to this laboratory** \_\_\_\_\_

## ***This is the test you need to have:***

- Fasting plasma glucose** OR
- 75 GM, 2 hours, Oral glucose tolerance test** (appointment will take 2 ½ hours)

**Note:** Please do not eat anything after midnight of the night before your scheduled test. You may drink plain water only.

I want to see you in my office \_\_\_\_\_ after your diabetes test to talk about the test results and for your postpartum visit.

Call my office \_\_\_\_\_ to make an appointment.

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*Physician name print*

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Signature

# Important Information for You

**What is Diabetes?** Most of the food that you eat is changed into sugar by your body to give you energy . . . Your body makes insulin to help you to use this sugar. Diabetes occurs when the sugar in your blood is high because either your body does not make enough insulin or your body is not using the insulin the way it should. The sugar builds up in the blood, but your body parts are starving of energy.

**Why do I need this test?** You had gestational diabetes during your pregnancy. This puts you at risk for having type 2 diabetes now or in your future. You may feel fine, but if diabetes is not treated it can lead to heart disease, kidney failure, blindness, stroke and early death. This blood sugar test will help to find out if you have type 2 diabetes.

**What if the test is not normal?** If your blood sugar is high but not high enough to be called type 2 diabetes, you may have prediabetes. If so, you will need to have your blood sugar tested **at least every year**.

**What if the test is normal?** You are still at greater risk than other women for having type 2 diabetes in the future. **You need to be tested at least every 3 years.**

**Tell your doctors.** It is important to **tell all of your doctors** about the gestational diabetes that you had during your pregnancy so that you get this testing for type 2 diabetes in the future. It is important for you to also remember. Write yourself a note and mark it on your calendar.

**What can I do now?** You can help to prevent or put off getting type 2 diabetes by breastfeeding your baby, by making smart food choices and by keeping active at least 30 minutes 5 days a week.

Here are some great places for more information: American Diabetes Association: [www.diabetes.org](http://www.diabetes.org), Centers for Disease Control and Prevention's (CDC) Diabetes Public Health resource: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes), American College of Obstetricians and Gynecologists: [acog.org](http://acog.org), and National Diabetes Education Program: [ndep.nih.gov](http://ndep.nih.gov).

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