NHS
Royal Berkshire
NHS Foundation Trust

Diabetes screening in Maternity

You have been given this leaflet as you have been identified as being at risk from gestational diabetes. It explains how we diagnose this condition. If you have any further questions please ask your GP, community or diabetes specialist midwife.

Introduction

You have been identified by your community midwife as having a risk factor for developing gestational diabetes in your pregnancy – this is high blood sugar that develops during pregnancy and usually disappears after giving birth.

When your blood sugar is continually high, then your baby will be affected by those high levels and its growth and development can be adversely affected. We know from scientific evidence that good control of blood sugars (also known as glycaemic control) during pregnancy can reduce the risk of having a large baby, birth complications, shoulder dystocia and neonatal hypoglycaemia and perinatal death.

You will be given an appointment to come in to be tested for gestational diabetes, if you have this condition then the diabetes specialist midwives will provide advice and monitoring throughout your pregnancy.

- **If you have had gestational diabetes in a previous pregnancy,** we would like you to have a test as soon as possible after booking with your community midwife. Even if the result is negative after this test you will still need to have the test done again at 24-28 weeks of pregnancy.
- **If you have not had gestational diabetes before,** then please have the test at 24-28 weeks of pregnancy.

If you are 32 weeks pregnant you will attend the clinic and have a fasting glucose test and HbA1c which looks at your blood sugars over the last three months. This will be one blood test you will not need to wait for 2 hours. Please come fasted to this appointment (this means do not eat from 10pm the night before, but you can continue drink water).

Your community midwife can book these appointments in the Diabetes Screening Clinic at the Royal Berkshire Hospital, Bracknell Health Space and West Berks Community hospital. Appointments are available on weekdays between 08.00am and 10.00am.

Procedure

To perform the test, please come to the antenatal clinic at the appointed time**. Please make sure that you have not had anything to eat or drink since 10pm the night before**. You may have sips of water only and take any prescribed medication. If you have not fasted, the test cannot be carried out and will need to be performed on another day.

Please note partners and children are unable to stay with you due to available space in the waiting area. To perform the test, we will take a blood sample from you in the antenatal clinic when you arrive. We will then give you a glucose drink. You will be asked to wait in the

antenatal clinic area for 2 hours and to keep activity to a minimum before having your second blood test.

You will be contacted by the Diabetes Team by telephone if you have a positive result (meaning you have gestational diabetes) or by letter for a negative result.

Useful contacts

Diabetes Specialist Midwife:
Tel: +44 (0) 118 322 7245
Email: rbft.diabetes-midwife@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: January 2028

Our Maternity Strategy and Vision

'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'

You can read our maternity strategy here