How will mum know if she has gestational diabetes?

» She will know after she does a test, usually an Oral Glucose Tolerance Test (OGTT)
» She is usually tested around 24-28 weeks but might be tested earlier
» She can’t feel if she has gestational diabetes, she will only know after she takes the test. This is why all pregnant women take the test to check.

What happens in the test?

» The doctor will do a blood test
» Mum will have to stop eating before the blood test. It is important to check this with your doctor
» Mum will then have to drink a sweet drink
» In one or two hours, mum will have another blood test
» These tests will tell the doctor how much sugar is in mum’s blood.
What can mum and dad do to help?
» Talk to your doctor or midwife
» Talk to a dietitian about healthy eating
» Check blood sugar levels regularly
» Sometimes mum may need to take medication
» Be active.

Space for your notes

For more information contact: CALL 13 HEALTH (13 43 25 84)
These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.
All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you or your child’s health.

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