

PATIENT INFORMATION

Gestational Diabetes Group

If you have a positive diagnosis of gestational diabetes, you will be contacted by the midwives and you will be invited to attend a gestational, diabetes (GDM) group session. This session is held on a Friday morning at 10am. We realise some people will feel anxious about group environments. We aim for this to be a relaxed, supportive and positive experience but if you are considering not coming because of your worries we encourage you to talk to us before you cancel 01803 654384.

Topics covered at this session include:

- What is Gestational Diabetes (GDM)
- Why you have been tested for GDM
- Potential consequences of GDM
- Teaching of blood glucose monitoring
- Blood glucose targets
- Diet and GDM, carbohydrate foods
- Treatment options
- Activity and healthy weight
- What happens next
- Answer your questions

Please feel free to bring someone to accompany you to this group if you wish.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

Working with you, for you