

Gestational Diabetes Pathway Information for LMC's

Diabetes in Pregnancy Team: (03) 364 4420, GDM@cdhb.health.nz

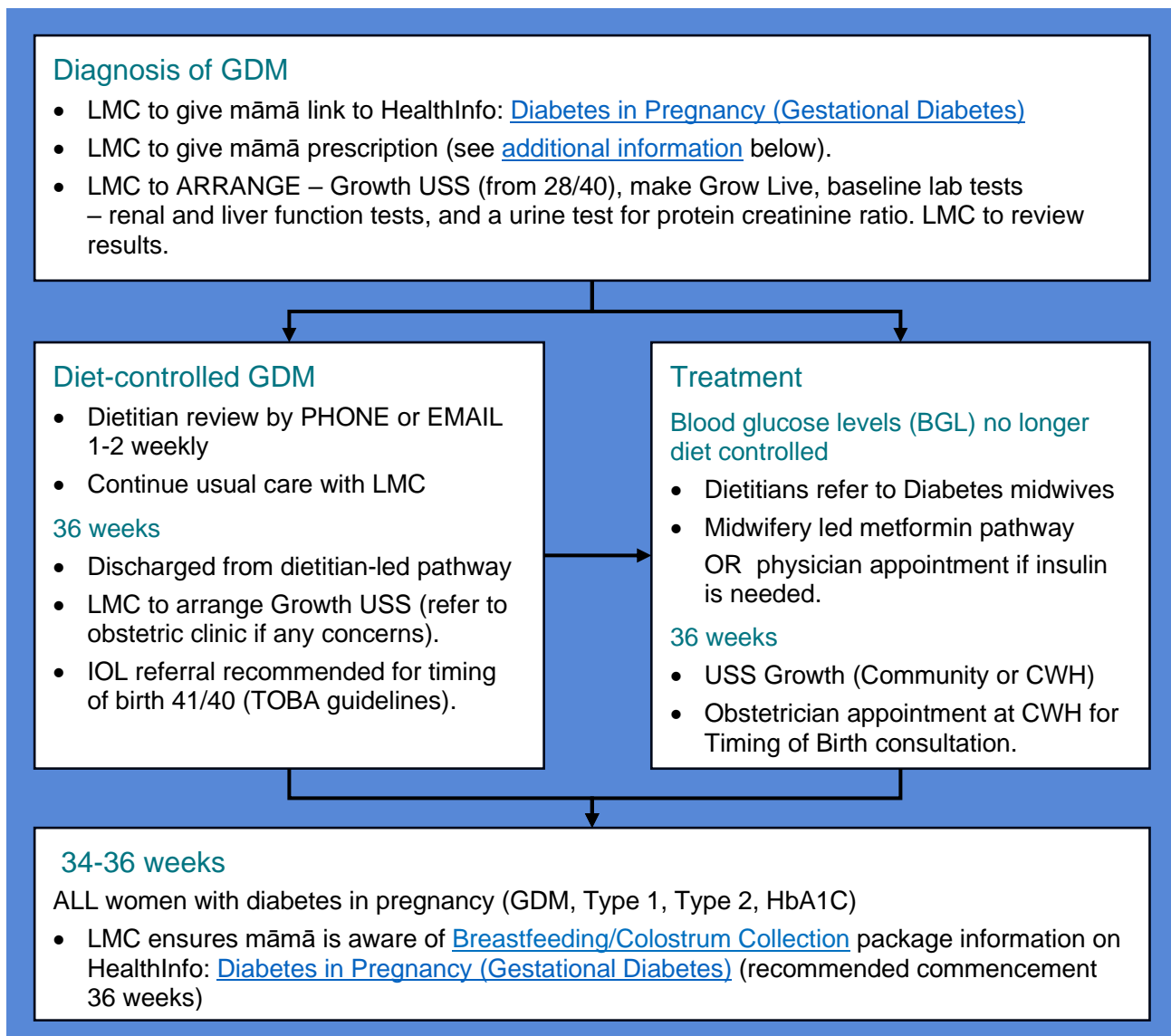
Please note REFER to Diabetes in Pregnancy Team ([Obstetric Clinic Referral Ref.2401611](#))

- Gestational Diabetes
- HbA1c 41-50 mmol/L
- Type 1 Diabetes
- Type 2 Diabetes / Hba1c > 50 mmol/L
- History of Bariatric surgery

Please note, the Diabetes in Pregnancy Team will offer face-to-face appointments for women:

1. Who require an interpreter
2. With low health literacy

Please note on the referral if this is required.



Additional information over page

ADDITIONAL INFORMATION

Script

- Caresens N Blood Glucose meter kit – use as directed, 3 months, for use in Diabetes in Pregnancy
- Caresens N Blood Glucose indicator diagnostic test strips – 12 boxes, 3 months' supply, for use in Diabetes in Pregnancy (approximately 1 box per week for rest of pregnancy, eg. 12 boxes)

Funded to māmā if 'diabetes in pregnancy' is stated on script. (there may be dispensing costs)

Meter is supplied with 50 needles. A box of 100 needles is around \$15-20 from the pharmacy. Please do not use your needle for more than 2 days. Dispose of your needle in a sealed container. Take this to your pharmacy or bring it with you when you come to the hospital.

HealthInfo: Diabetes in Pregnancy (Gestational Diabetes)

The HealthInfo: [Diabetes in Pregnancy \(Gestational Diabetes\)](#) website contains:

1. Video links

Videos explain what gestational diabetes is (5min 43sec), the dietary management of gestational diabetes (21min 4 sec) and how to use your blood glucose monitor to test your blood glucose levels (21min 50 sec).

2. Links

- Food and glucose diary
- Shopping list
- Snack ideas
- Treatment options

3. Colostrum package for LMC's

Patient information sheet: [Collecting Colostrum Before You Give Birth](#) (Ref.2401093)

PLEASE NOTE: Patients will be given "After GDM" information at 3 months. They will be sent email reminders to have HbA1c checks (with GP) at 3 and 12 months postnatally as well as lifestyle advice to reduce the risk of type 2 diabetes. They will also receive an email with information on "Introducing Solids" at 6 months postnatally.