

# As you take your baby in your arms, take your health in your hands



## You need to be tested (screened) for type 2 diabetes:

- Six weeks to six months after giving birth (with a glucose tolerance test).
- When you are planning another pregnancy.
- Every three years (or more often depending on risk factors).

## NOTE:

- If your results are abnormal, arrange to discuss this further with your healthcare provider.
- If your results are normal you will need to be tested before planning another pregnancy or every 3 years or more often depending on risk factors.

## Gestational diabetes puts you at increased risk of developing type 2 diabetes.

It is very important to determine if you have type 2 diabetes. Early diagnosis and management will help you:

- **Have healthy future pregnancies.** Undiagnosed diabetes in pregnancy increases the risk of miscarrying or having a baby born with a malformation
- **Stay healthy and avoid diabetes complications** such as heart attack, stroke and damage to your eyes, kidneys and nerves

## Your glucose tolerance test:

- Be sure to ask your healthcare providers who will arrange your test and who will share the results with you.
- Fast for eight hours before the test. After the lab takes a blood sample, you will be given a sugary drink. Two hours later, you will have another blood test.

My glucose tolerance test is booked: \_\_\_\_\_

## My glucose tolerance test results:

	My results	Results (mmol/L)	Meaning
<b>Fasting</b>		Less than 5.6	Normal
		5.6-6.0	Increased risk of diabetes
		6.1-6.9	Prediabetes
		7.0 or greater	Type 2 diabetes
<b>Two hour</b>		Less than 7.8	Normal
		7.8-11.0	Prediabetes
		11.1 or greater	Type 2 diabetes

*Note: A diagnosis of diabetes usually requires a second abnormal blood test done on another day.*

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.*



\*This document reflects the 2013 Canadian Diabetes Association Clinical Practice Guidelines. ©2013 Copyright

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