

What is Gestational Diabetes Mellitus?

Gestational Diabetes Mellitus (GDM) is a condition in which a hormone made by the placenta prevents the body from using insulin effectively. Glucose builds up in the blood instead of being absorbed by the cells. GDM is associated with a number of pregnancy complications for both mother and baby, including preeclampsia, birth complications and neonatal problems such as a low blood glucose, jaundice and respiratory distress.

Schedule of Appointments

A/Prof Helen Barrett is an Obstetric Medicine Physician & Endocrinologist who will manage your GDM during your pregnancy. After your first visit, A/Prof Barrett will need to consult with you weekly for the remainder of your pregnancy, as follows:

Appt Type	Item	Fee
A phone appointment each week for 3 weeks	91836	Bulk bill
An in person follow up appointment 1 week later	116	\$165.00
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An in person follow up appointment 1 week later	116	\$165.00

Your appointments will continue in this manner until you deliver.

You will then be seen for an **in person** appointment at 12 weeks postnatal 116 \$165.00

For your convenience, our staff will schedule your appointments for the duration of your pregnancy and send them to you by email. We will do our best to coordinate your in person appointments alongside your antenatal attendances.

IMPORTANT: Please send your blood glucose levels through each Monday to diabetes@alanahealthcare.com.au

Referral

Please bring a GP referral to your appointment so that you are covered for the duration of your pregnancy and postnatally.

Monitoring your Blood Glucose Levels

You should monitor your blood glucose levels (BGL). We recommend the Accu-Chek Guide or Guide Me meter which you can use with the mySugr app to upload and email the glucose results through weekly. Alternatively, any glucose meter would be fine and you would then write the blood glucose levels in a table and email them through weekly.

General Advice

- Maintain a moderate carbohydrate, low glycaemic index diet.** It is important not to have a very low carbohydrate diet or to cut out carbohydrates altogether as carbohydrates are important for the baby. You can discuss this more with A/Prof Barrett, and you can talk with your Diabetes Educator or Dietitian.
- Maintain a moderate exercise regime.** A ten minute walk after meals can help in reducing blood glucose from that meal.
- Monitor your blood glucose levels (BGL).**
 - Wash your hands before each reading;
 - You should measure your BGLs:
 - When you first wake up, before breakfast
 - At 1 hour after beginning each meal (breakfast, lunch, dinner). Some practitioners suggest measuring at 2 hours. Start monitoring before your first visit with A/Prof Barrett at 1 hour unless your GP/Obstetrician/Diabetes Educator directed otherwise, and it will be discussed during your appointment.
 - BGL Targets:
 - Fasting ≤ 5.0 mmol/L
 - 1Hr post meal ≤ 7.4 mmol/L
 - 2Hr post meal ≤ 6.7 mmol/L
- Email your BGLs each week to Alana Healthcare.** Please send your blood glucose levels through each Monday by email to diabetes@alanahealthcare.com.au

Information Resources

The below links and pamphlets are available online and are useful for understanding the condition and also for information on diet and management of GDM.

<https://baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-gestational-diabetes.pdf>

<https://diabetesnsw.com.au/healthy-eating-for-gestational-diabetes/>

https://www.health.qld.gov.au/_data/assets/pdf_file/0021/370074/diab_gdm_colour.pdf

<https://www.ndss.com.au/about-diabetes/resources/find-a-resource/life-after-gestational-diabetes/>

<https://www.ndss.com.au/about-diabetes/resources/find-a-resource/gestational-diabetes-caring-for-yourself-and-your-baby/>

Additional Support

Diabetes Educator:

Amanda Bartlett

Suite 2, Level 7, POWPH, Randwick

E: info@amandabartlett.com

T: 0436 387 423

Dietitian:

Dana Winik

Munch Dietetics www.munchdietetics.com.au

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520 Oxford Street, Bondi Junction NSW

E: dana.winik@munchdietetics.com.au

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