

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 |
|-----------------|------------|------------------|----------------------------|
| Fasting | | 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 |
| Two hour | | 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