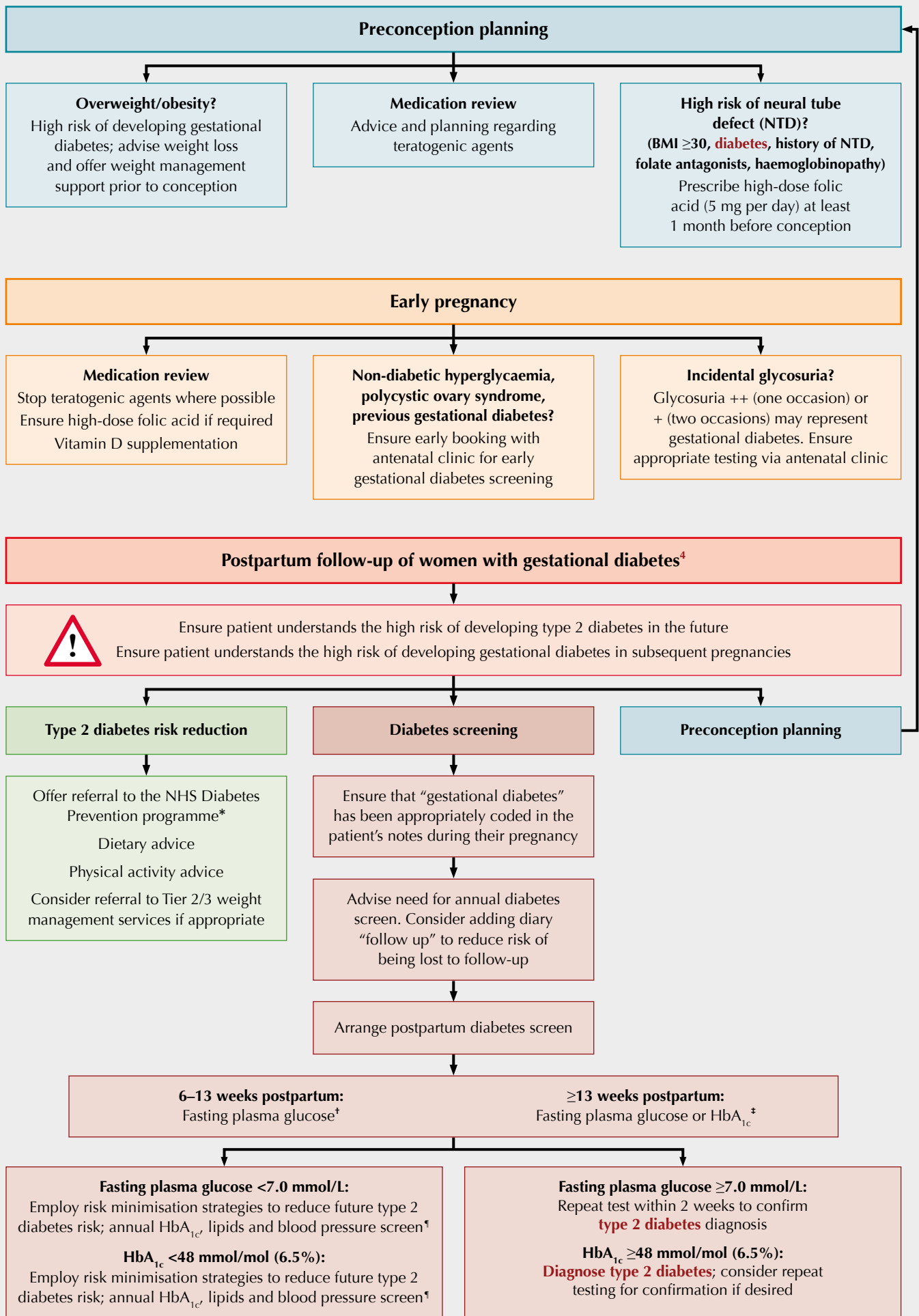


Summary: Postnatal management of gestational diabetes in primary care



Footnotes

* The National Diabetes Prevention Programme is a free service provided to any patient at risk of developing type 2 diabetes. It is delivered over 9 months and may be delivered online, face to face, in group sessions or one-to-one. The service provides education about healthy eating, nutrition, physical activity, and wellbeing, equipping attendees with the knowledge and confidence to reduce their risk of developing type 2 diabetes. At the time of writing there is a specific online group-based programme for people with a history of gestational diabetes.

[†] Do not use HbA_{1c} before 13 weeks postpartum.

[‡] Note that recent research has suggested a genetic variant in around 7.6% of people of South Asian heritage which may render HbA_{1c} testing inaccurate, underestimating their average blood glucose levels by up to 6 mmol/mol.⁷ If you are concerned about the accuracy of the HbA_{1c} test, consider using fasting plasma glucose instead.

[¶] Although checking lipids and blood pressure alongside HbA_{1c} is not in the NICE guidelines, this is considered good practice given the higher lifetime risk of cardiometabolic syndrome.^{6,8}