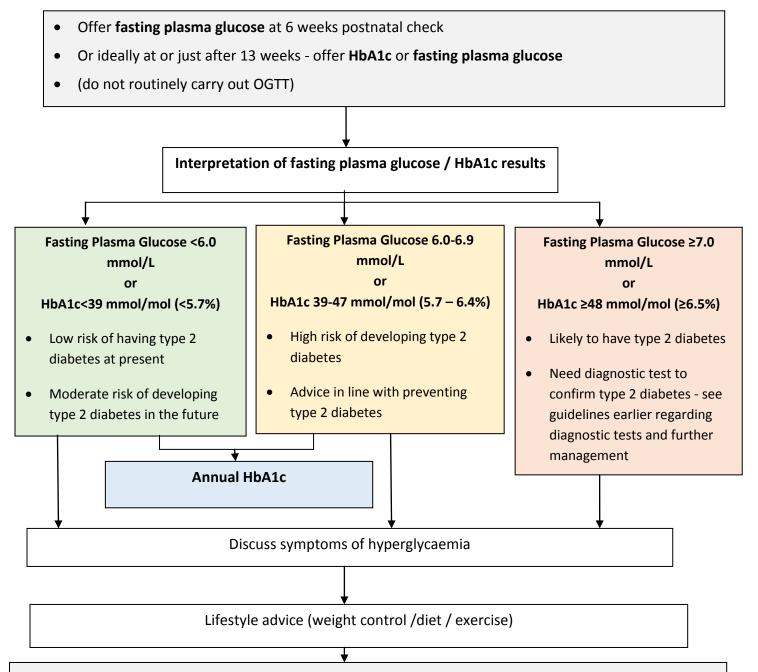
Gestational Diabetes Mellitus - Primary care follow up in the postnatal period

Women who have had gestational diabetes have a 1 in 3 chance of developing type 2 diabetes in the following 5 years



Counsel on contraceptive advice and future pregnancies

- Advice that healthy BMI before next pregnancy will reduce risk of developing Gestational Diabetes again
- Patient to start taking high dose Folic acid (5mg) daily before stopping contraception and will need
 a prescription for this.
- Patient to contact health professional as soon as they find out they are pregnant for antenatal care