

Clinical Practice Guideline
Diabetes in Pregnancy: Management in Labour
Women with diabetes:
Postnatal management and follow-up



| | GDM DIET | GDM INSULIN | TYPE 2 | TYPE 1 |
|---|--|--|--|-------------------|
| Insulin | N/A | NO | NO May require on discharge if BGL's are elevated or oral agents | YES, reduced dose |
| Monitoring of BSL Target levels post birth: <ul style="list-style-type: none"> • pre breakfast: <ul style="list-style-type: none"> ○ <6mmol/L • pre-prandial: <ul style="list-style-type: none"> ○ 4-6mmol/L • 2 hr post-prandial <ul style="list-style-type: none"> ○ <8mmol/L | BD Pre breakfast and 2 hours post main meals for 48 hrs. Contact Obs/med Reg if BSL's >8mmol | QID Pre breakfast and pre main meals Continue on discharge Obs/Med Reg to review | QID Pre breakfast and pre main meals + Sliding scale Continue on discharge Obs/Med Reg to review | |
| Follow-up in diabetes clinic | NO <ul style="list-style-type: none"> • GP in 6 weeks | YES in 6/52, booked by Diabetes Educator <ul style="list-style-type: none"> • Diab Phys (Diabetes Physician) • Diab diet (Diabetes Dietitian) | YES in 6/52, booked by Diabetes Educator <ul style="list-style-type: none"> • Diab Phys (Diabetes Physician) | |
| Postnatal GTT | YES 6 weeks organised by Diabetes Educator | NO | NO | |
| Weekend discharge | Contact Diabetes Educator (ext 2153) and leave patients name and UR number and follow-up GTT and/or appointments will be arranged. | | | |

Questions?

Diabetes Educators:

- Monday – Friday 8am-4pm, ext 2153
- Lan Page '*Diabetes Educator*' 52163 or via Switchboard

Obstetric Medicine Registrar:

- Monday – Friday, 8.30am – 5pm
 - Lan Page 52157 or via Switchboard
- After hours:
 - Endocrinologist (on-call 24 hour) page via Switchboard

Dietitian:

- Mon-Fri, 8am- 4pm, ext 3160