

# Screening for diabetes in pregnancy

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Information for women and their partners 

This leaflet explains how we screen for gestational diabetes during your pregnancy at King's College Hospital.

## Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

**If we don't ask these questions, then please ask us to check.**  
Ensuring your safety is our primary concern.

## How do you screen for gestational diabetes?

- You will have an HbA1c blood test at your antenatal booking appointment which checks for pre-existing diabetes.
- If the result is abnormal, you may need a specialist blood test called an oral glucose tolerance test (OGTT) or be seen by the diabetic team. Sometimes, such as if you have had gestational diabetes during a previous pregnancy, we will offer you an OGTT whether or not you have an abnormal result.
- At 28 weeks of pregnancy we offer all women a timed venous plasma glucose blood test.

## What is a timed venous plasma glucose test?

It is a routine blood test to check your blood glucose response to food. You need to eat food before the appointment with your midwife who will do the test.

## Why do I need this test?

We use it to screen you for gestational diabetes. Sometimes you will need other tests, which your midwife will explain.

## When do I have it?

You have it at your 28-week midwife appointment. They will also take blood to check you are not anaemic and to check your blood group and rhesus status (positive or negative).

## How do I prepare for it?

You will need to eat 50g of carbohydrate one to two hours before the test. This means eating a snack such as a sandwich, a bowl of cereal or a small jacket potato before coming to your midwife appointment.

## **How do I get my test results?**

Your midwife will contact you with the result. If this is abnormal, your midwife will arrange for you to have an OGTT or see the diabetic team.

## **Who can I contact with queries and concerns?**

If you have any queries or concerns before your test, please contact your midwifery team. The phone number is in your paper maternity notes

## **How to find us**

For information including directions, public transport and parking details, go to [www.kch.nhs.uk](http://www.kch.nhs.uk)

## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

**PALS at King's College Hospital**, Denmark Hill, London SE5 9RS:

Tel: **020 3299 3601**

Email: **kch-tr.pals@nhs.net**

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**