

Diabetes Antenatal Clinic

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- Your recent glucose tolerance test showed that you have raised blood sugars. This is known as gestational diabetes. In Bradford, the Diabetes Antenatal Clinic provides a joint specialist antenatal and diabetes service for woman with pre-existing diabetes and for women who have developed gestational diabetes.
- The clinic is held on a Tuesday and Friday morning at the Women and Newborn Unit, Bradford Royal Infirmary. A team of healthcare professionals with specialist knowledge and experience of supporting women with diabetes will be available at the clinic.
- The team includes:
 - Consultant Endocrinologist
 - Consultant Obstetrician
 - Junior Doctors
 - Diabetes Nurse Specialists
 - Midwives
 - Diabetes Specialist Dietitian
 - Ultra-sonographer
 - Healthcare Assistants
 - Clerical Staff
- A pregnancy complicated by raised blood sugar levels (diabetes) is associated with increased risks for both the mother and baby. Keeping your blood sugar levels within a normal range will help reduce these risks. At the antenatal clinic you will be given advice and support to monitor your blood sugar, eat healthily and exercise. If your blood sugar levels remain high you may require treatment. You will have regular scans to monitor the growth of your baby. We will provide more detailed explanation of your care and additional information to help support you during your pregnancy when you attend the clinic.
- You will need to see most of the healthcare professionals listed above and so you could be up to 2 hours at the clinic. This may seem a long appointment but all your antenatal and diabetes care is provided at the one clinic.
- There is no need to fast when you attend the clinic. Please feel free to bring a snack with you or buy a snack or drink from our tea bar.
- If you have an appointment with your midwife before this appointment, please tell them that any routine bloods will be done at the hospital. Also if you are 28 weeks and have not had a scan of your baby in the last 2-3 weeks, you will receive an appointment for a scan on the same day usually scheduled to be done before you meet the rest of the team.
- Bradford Teaching Hospitals Trust has a 'Pay and Display' car parking system. Please purchase a ticket for a two hour period. If your appointment runs over, just let a member of staff know your car registration number and we will inform security of the delay.

Additional information:

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

Accessible Information Standard

If you need this information in another format or language, please ask a member of staff.

Covid-19

Please inform us and do not attend if you have any symptoms of Covid-19 or have been in recent contact (14 days) with a person with Covid-19. Please use a face covering when in hospital buildings also maintain and follow social distancing advice.