

# Diabetes Antenatal Clinic

## Diabetes Antenatal Clinic

- You have been given an appointment in the Diabetes Antenatal Clinic because you either have pre-existing diabetes or gestational diabetes. Gestational diabetes is where the result of a glucose tolerance test is raised above normal. We provides a joint specialist antenatal and diabetes service.
- The Diabetes Antenatal Clinic is held on a Tuesday and Friday morning at the Bradford Royal Infirmary Women and Newborn Unit. 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
- Dietitian
- Ultra-sonographer
- Healthcare Assistants
- Clerical Staff
- A pregnancy complicated by diabetes (high blood sugar levels) 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 clinic you will be given advice and support on how to monitor your blood sugar, eat healthily

and exercise. If your blood sugar levels remain high you may require treatment. In addition, you will have regular scans to monitor the growth of your baby. We will provide a more detailed explanation of your care and additional information to help support you during your pregnancy when you attend the clinic.

- When you attend you will need to see most of the healthcare professionals listed above and so you could spend about 2 hours at the clinic. This may seem a lengthy appointment, however, 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 alternatively there is a tea bar where drinks and food may be purchased.
- **If you have an appointment with your midwife prior to an appointment in the Diabetes Antenatal Clinic, please inform them that any routine blood test will be done at the hospital. Also if you are 30 weeks or more and 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. This is scheduled to be done before you meet the rest of the team.**
- Bradford Teaching Hospitals Trust has a 'Pay and Display' car parking system, card payment is accepted. Please obtain a ticket for a two-hour period. If your appointment runs over, do not buy another ticket just let a member of staff know and we will inform security of the delay.

## **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.

**Contact telephone number: 01274 364518**

## **People with hearing and speech difficulties**

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number above.

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