**Advice to GP for Diabetes Referral**

**Recommendations for women who have had any degree of glucose intolerance in a previous pregnancy (GDM/IGT) and wish to attend The National Maternity Hospital (NMH), Holles St:**

On presentation to GP clinic with positive pregnancy test / first visit:

1. Check blood glucose level, preferably fasting or random plasma, if not possible then please do a glucometer blood glucose check.
2. **Early contact with the Diabetes service in NMH by phone or by fax or email (see below).**
3. Advise women to start folic acid (400mcg) if not already taking it.
4. Advise women regarding lifestyle interventions and importance of early contact with the Diabetes service and early registration with the hospital.

Note: All women with any degree of glucose intolerance in pregnancy are seen in our combined antenatal diabetes clinic from early pregnancy.

**Postnatal advice**

All women with any degree of glucose intolerance in pregnancy whether in current or previous pregnancy, are advised

1. to inform their GP practice of their diagnosis and management .
2. For postnatal GTT to be arranged with GP if not already made by the hospital.
3. To liase with the Diabetes Service immediately if they become pregnant again.

**Recommendations for women who have Type 1or Type 2 Diabetes and wish to attend National Maternity hospital, Holles St for their pregnancy:**

1. Please prescribe Folic acid 5mg if they are not already taking it.
2. Please contact the Diabetes team as soon as possible for early diabetes and obstetric care.
3. **If you have any queries regarding pregnancy and diabetes or wish to refer someone, please contact the Diabetes Service Mon-Fri 8am - 3pm. Fax 01-6373278. Mobile Ph: 086 774 0742. Ph: 01 637 3100 bleep 025. Email: diabetes@nmh.ie**

Yours sincerely,

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