



HbA1c Test for Diabetes

Diabetes in pregnancy affects about 6% of all pregnant women; picking up diabetes early in pregnancy and providing the right care and advice can prevent or reduce complications for you and your baby. The Ministry of Health now recommends that all women are offered a test for diabetes at the start of their pregnancy.

With your consent, the HbA1c test (*diabetes screening test*) will be ordered along with your other early pregnancy blood tests. Your GP or LMC will let you know the results.

If you have a normal result, you will be tested again later in pregnancy as diabetes can still occur as your pregnancy progresses.

If you have a moderately abnormal result, it is a sign that you have pre-diabetes and you will be given additional advice on diet, exercise, and managing your weight in pregnancy, and tested again at around 24-26 weeks pregnant.

If you have an abnormal result, you will be referred to the hospital “Diabetes in Pregnancy” team for specialist care.

If you would like further information about diabetes in pregnancy talk to your LMC or GP.