

Maternity

Gestational Diabetes and using the GDMHealth™ App

Patients and Relatives Information



If you have gestational diabetes it is very important that your blood glucose levels are controlled in order to prevent the baby from growing too quickly.

Included in your GDM pack you will find an Agamatrix blood glucose meter - for help with using your blood glucose meter there are some useful videos on Milton Keynes University Hospital website <https://www.mkuh.nhs.uk/maternity-services/diabetes-in-pregnancy> - "Diagnosis of Gestational Diabetes Mellitus (GDM) and what happens next" and "How to test your blood sugar at home". There is also a detailed leaflet included in the box with your meter. Try to practise using the meter before downloading the GDmHealth app.

If you wish to use the GDmHealth app to manage your blood glucose levels the diabetes midwife will register you to use it and you will receive two text messages from GDmHealth: one is the download link and the other is the activation code. Once you have downloaded and activated it, follow the instructions on the app to pair your meter up to your mobile phone. The GDmHealth app can help you to manage your blood glucose levels and communicate with the Diabetes Midwives. Once you have downloaded and activated the app, if you click on the sections About GDM, Food and Diet and Weight management, there are some very useful videos to watch.

Monitoring your blood glucose

Please check your blood glucose four times a day: on waking, then one hour after every meal. If you have any concerns about your blood glucose levels please speak to the Diabetes Midwife:

- Waking readings should be **less than 5.3 mmol/l**
- One hour after meal readings should be **less than 7.8 mmol/l**
- Readings within the normal range show as green on the app, high readings are red and low readings (less than 4.0) are blue.

Submitting a reading using GDmHealth™

- Open the app and click on the red ” + “ button on the hub page
- Tap on “**Take BG reading**”
- Take a blood glucose reading then remove the strip from the meter (the meter will turn off)
- Press the Bluetooth button on the meter for **three seconds** until the Bluetooth symbol appears (if your reading reappears, just press the button for a little longer)
- Tap “**Scan**”
- Your reading will appear on your phone
- Select the meal type associated with your reading, tap “**next**”
- If you are taking medication you may be asked what dose you are taking. Type in the dose and tap “**next**”
- If you would like to send the diabetes team a message about what you have eaten, type into the “**new comment**” screen, then tap “**submit**”

The diabetes midwives will contact you within a week of starting to use the app and advise you if your blood glucose levels are abnormal. They may recommend dietary changes or medication. Once your readings have settled down they will only contact you if they become abnormal again.

If you have a question about your blood sugars or your treatment, you can use the “**Request a callback**” function on the app, but this function should not be used for urgent problems or queries. You should use your normal contact telephone numbers for urgent problems

Contact details for Diabetes Midwife

Email diabetesmidwife@mkuh.nhs.uk

Telephone 01908 995 237

Mobile (text only) 07917 173 208

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 2018/GDPR. Further guidance can be found within our privacy notice found on our Trust website: www.mkuh.nhs.uk

**Milton Keynes University Hospital NHS Foundation
Trust**

Standing Way

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Author: Jan Liddie

Date published: 05/2020

Date of review: 05/2023

Version No: 1.0

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