

Contacts

Gestational Diabetes Service Dietitians:

Astley Ainslie Hospital

☎ **0131 537 9169**

Monday - Friday 9.00 am – 5.00 pm

Hospital Details

Royal Edinburgh Infirmary (RIE)

Diabetes Specialist Nurses (DSNs) – OPD2

☎ **0131 242 1471**

Monday – Friday 9.00 am – 5.00 pm

Weekends/Out of Hours RIE

Call the hospital switchboard, **0131 536 1000**,
and ask to speak to the Diabetes Doctor on call

Weekdays 09.00 am – 8.00 pm

Weekends and Public Holidays 09.00 am – 5.00 pm

St John's Hospital (SJH)

Diabetes Specialist Nurses (DSNs) – OPD1

☎ **01506 523 856**

Monday – Friday 9.00 am - 5.00 pm

Weekends/Out of Hours SJH

Call the hospital switchboard, **01506 523 000**,
and ask to speak to the Diabetes Doctor on call.



Nutrition and Dietetic Service for Gestational Diabetes

Information for pregnant women



Community Gestational Diabetes Dietetic Service

What we offer

We offer virtual Gestational Diabetes (GDM) Education group sessions and virtual individual follow up appointments.

If helpful, we can offer appointments with translators. Unfortunately family or friends are not permitted to translate for you under NHS Lothian Guidelines, for reasons of communication safety and confidentiality.

All GDM groups and individual appointments are carried out virtually, using a free video call platform. The main platform we use is called Near Me, but we may use others. You can use any smart device or PC but you will need internet access to use virtual platforms. Telephone reviews can be arranged, but video appointments offer easier and more effective communication. Due to Covid-19, there are currently no clinic based, face-to-face appointments with the community GDM Dietitians. All appointments are currently virtual, but please let us know if you need a face-to-face appointment with a hospital dietitian and we can arrange this. Please discuss any concerns when making your initial appointment, and we will arrange to support you in the best way possible.

If you have not been able to get in touch with the Community GDM Dietetic service, or you have further questions whilst attending your hospital appointments, the dietitian at the ante-natal clinic at the hospital may be able to help with any immediate dietary queries.

What's involved?

After you have attended your hospital appointment with your Diabetes Specialist Nurse (DSN), and received your blood glucose monitor, you will be contacted by telephone by the Dietetic GDM Service and offered a virtual appointment. This appointment will usually be within 7 days of attending your hospital appointment with the DSN.

Your first GDM dietetic virtual group appointment will last for approximately 45 minutes. Further review appointments will take

approximately 15 minutes and will be arranged directly with the dietitian fortnightly, or as needed.

Before your first appointment with your GDM dietitian you will be emailed links to GDM videos to watch before your consultation, and instructions on how to use the virtual system. We will also attach a copy of the GDM Resource pack which contains additional information about GDM.

Google Chrome, Apple Safari or Microsoft Edge web browsers work with Near Me. Near Me works with most smart devices: laptops, tablets, computers, and phones.

We recommend that you use a laptop, tablet or computer when you attend the GDM group session. Using a smart phone prevents you from seeing other group members because of its small screen.

Before the call, we would like you to consider your comfort and privacy- please ensure you choose a suitable setting for your appointment.

Service User Feedback:

- You can enjoy the comfort and confidentiality of your own home
- There is no travel and no difficulty with parking
- The Interpretation Service is available if needed
- Potential difficulties (e.g. no internet connection, unsuitable device/lack of equipment) **can be** resolved with the option of a telephone review, or face-to-face appointment.

What happens after the birth of your Baby?

After your baby has safely arrived, you will receive a letter to attend a virtual Near Me Wellbeing Review. This review will last approximately 15 minutes. This is to check on your health and identify any ongoing support or additional services that may be appropriate for you (e.g. The Let's Prevent Diabetes Programme).