

Gestational Diabetes Care Program

Standardized Digital Patient Education & Health Behaviour Modification Program

Developed by the Leicester Diabetes Centre, the Gestational Diabetes Care Program is an evidence-based education pathway for patients diagnosed with Gestational Diabetes Mellitus (GDM). Designed to complement outpatient clinical care, the program is auto-assigned exclusively to patients with GDM and becomes available in their mobile app during an active pregnancy. It automatically unassigns once the pregnancy completes, though clinicians can manually unassign it at any time.

The care program is comprised of four core courses delivered through short video lessons. The curriculum covers GDM physiology, diagnostic testing, dietary swaps, blood glucose management, treatment escalation, and more. See below for an overview of the courses and links to the videos.



1

Course 1

Understanding Gestational Diabetes

- 01

What is Gestational Diabetes?

[WATCH VIDEO](#)

An introduction to how gestational diabetes impacts insulin and blood sugar levels, how it impacts your pregnancy, and how managing it helps reduce potential complications.
- 02

Risk Factors and Test Results

[WATCH VIDEO](#)

An overview of risk factors that increase your chance of developing gestational diabetes and how to interpret test results.
- 03

Why Have I Got Gestational Diabetes?

[WATCH VIDEO](#)

An overview of why gestational diabetes develops.
- 04

Understanding Diagnosis and Overcoming Stigma

[WATCH VIDEO](#)

An explanation on why this medical condition is not your fault and how checking blood glucose helps reduce pregnancy complications.



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Course 2

Stabilisation After Diagnosis

- 01 **Monitoring Your Blood Glucose and Targets** [WATCH VIDEO](#)
An introduction to monitoring your blood glucose.
- 02 **Blood Glucose Monitoring Technique** [WATCH VIDEO](#)
Learn how to test your blood glucose, blood glucose targets, and when to test.
- 03 **Food Choices and Dietary Swaps** [PART 1](#) [PART 2](#)
Learn about dietary suggestions and easy swaps that help you meet your one hour post meal goals.
- 04 **Staying Active During Pregnancy** [WATCH VIDEO](#)
Learn how physical activity can help lower blood glucose post meal and activity suggestions while pregnant.
- 05 **How to Reach Your Fasting Glucose Targets** [WATCH VIDEO](#)
Learn about overnight blood glucose levels and what influences them.
- 06 **How Sleep and Stress Can Affect Glucose Readings** [WATCH VIDEO](#)
Learn how sleep and stress impact your blood glucose levels and strategies to improve.

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Course 3

Escalation and Starting Treatment if Needed

- 01 **Escalation of Treatment** [WATCH VIDEO](#)
An overview of the different treatments and the escalation pathway.
- 02 **Needle Safety and Injection Technique** [WATCH VIDEO](#)
Learn about needle safety and proper injection technique.
- 03 **Managing Hypo Fears** [WATCH VIDEO](#)
Learn about hypos and how to prevent them.



Preparation for Birth and Postnatal Care

- 01 **Preparing for Birth** [PART 1](#) [PART 2](#)
Learn how to prepare for birth and work with your care team to determine what best works for you.
- 02 **Harvesting Colostrum** [WATCH VIDEO](#)
Learn about colostrum and how to collect it.
- 03 **Postnatal Testing Recommendations** [WATCH VIDEO](#)
Learn what to expect after birth and recovery after caesarean.

References

Sources used by the Leicester Diabetes Centre in developing each course. Underlined titles are hyperlinked to the source; where no link was supplied, the publisher is named in the citation.

COURSE 1: REFERENCES

1. Diabetes UK (2026) Gestational diabetes causes. Available at: Diabetes UK website (Accessed: 27 May 2026).
2. Diabetes UK (2025) [Your guide to gestational diabetes](#). (Accessed: 3 June 2026).
3. NHS (2022) Gestational diabetes. Available at: NHS website (Accessed: 27 May 2026).
4. NHS England Digital (2025) National Gestational Diabetes Mellitus (GDM) Audit, 2024–25. Available at: NHS England Digital website (Accessed: 27 May 2026).
5. NHS England Digital (2026) National Pregnancy in Diabetes Audit. Available at: NHS England Digital website (Accessed: 27 May 2026).
6. National Institute for Health and Care Excellence (NICE) (2015, updated 2026) Diabetes in pregnancy: management from preconception to the postnatal period. NICE guideline NG3. Available at: NICE website (Accessed: 27 May 2026).
7. Rodriguez, B.S.Q. and Mahdy, H. (2024) Gestational diabetes. StatPearls. Treasure Island, FL: StatPearls Publishing. Available via NCBI Bookshelf (Accessed: 27 May 2026).
8. Wang, X.Y. et al. (2024) Gestational diabetes. Endotext. South Dartmouth, MA: [Clinical Endocrinology: Peer-reviewed guide for clinicians & educators- EndoText](#), Inc. Available via Endotext (Accessed: 27 May 2026).

COURSE 2: REFERENCES

1. Chelsea and Westminster Hospital NHS Foundation Trust (2024) Dietary advice for gestational diabetes. Available at: Chelsea and Westminster Hospital NHS Foundation Trust website (Accessed: 27 May 2026).
2. Department of Health and Social Care (2019) [Physical activity for pregnant women](#) (text of the infographic). (Accessed: 3 June 2026).
3. Diabetes UK (2026) Gestational diabetes and your diet. Available at: Diabetes UK website (Accessed: 27 May 2026).
4. Diabetes UK (2019) [Stress and diabetes](#). (Accessed: 27 May 2026).
5. Diabetes UK (2026) [What can I eat with gestational diabetes?](#) (Accessed: 4 June 2026).
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7. NICE (2015) Your blood glucose levels during pregnancy. Available at: NICE website (Accessed: 27 May 2026).
8. NHS (2020) [Exercise in pregnancy](#). (Accessed: 3 June 2026).
9. NHS (2023) [Exercising in pregnancy](#). (Accessed: 3 June 2026).
10. NHS (2022) Gestational diabetes: treatment. Available at: NHS website (Accessed: 27 May 2026).
11. United Lincolnshire Hospitals NHS Trust (2024) [Healthy eating for gestational diabetes](#). (Accessed: 4 June 2026).
12. University Hospitals Coventry and Warwickshire NHS Trust (2024) Healthy eating for diabetes in pregnancy. (Accessed: 4 June 2026).



References continued

COURSE 3: REFERENCES

1. National Institute for Health and Care Excellence. [Gestational diabetes management](#). NICE guideline NG3.
2. Tommy's. [Medication and insulin for gestational diabetes](#).
3. Tommy's. [Injecting insulin in gestational diabetes](#).
4. MHRA / [Welcome to GOV.UK](#). [Drug Safety Update on Injection Site Care](#).
5. TREND Diabetes – [Best Practice Guideline for Correct Injection Technique](#).
6. NHS – [Gestational diabetes Treatment Guidelines](#).
7. Diabetes UK – [Gestational diabetes treatments](#).

COURSE 4: REFERENCES

1. Tommy's – [Inducing Labour Information](#).
2. NICE – [Diabetes in Pregnancy Guidelines](#) (NG3)
3. Gestational Diabetes UK – [Induction Guidelines](#)
4. NICE – [Inducing Labour Guidelines](#) (NG207)
5. Tommy's – [Gestational Diabetes and Giving Birth](#)
6. Tommy's – [Planning Future Pregnancies After Gestational Diabetes](#)
7. Diabetes UK – [Postnatal Care and Follow-up](#) (Section 6)
8. Diabetes UK – [Future Risk and Diabetes Prevention](#) (Section 8)
9. NHS – [Overview of Gestational Diabetes](#)
10. NHS – [Gestational Diabetes Treatment Options](#)
11. Health for Under 5s – [Maternity Services & Induction of Labour](#)

Have more questions? Reach out to our support team or view the support page for more details on the Gestational Diabetes Care Program.

