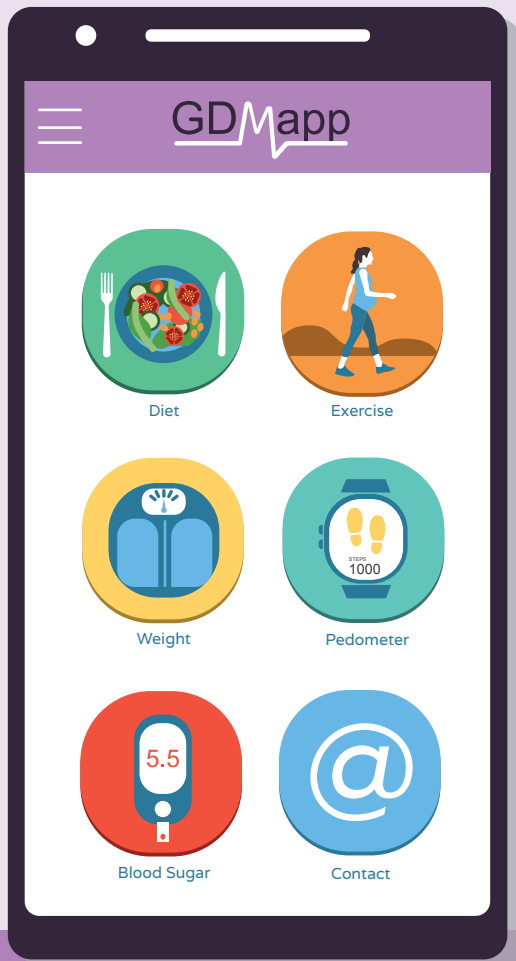


# GDMapp



Gestational Diabetes (GDM) affects at least 1 in 8 pregnancies in Ireland each year. It can be associated with delivery of large babies and birth complications if blood sugar levels are not well controlled.

Blood sugar levels are currently tested from a standard blood test as part of our Breakfast Club gestational diabetes programme.

This involves a review of blood sugar levels once every two weeks, which only gives a snapshot of overall blood sugar control.

This study is investigating if it would be possible for women with diet controlled gestational diabetes to monitor their blood sugars at home, with the use of a glucometer (blood sugar measuring device) and a new mobile app (GDMapp) that is linked to the Rotunda hospital server.

If successful, this will reduce the number of women required to come into the hospital for the breakfast club blood tests, and give women more awareness over their blood sugar levels.