

Research Study of Continuous Glucose Monitoring and Babies Growth

Many factors affect the way babies grow in the womb. One of the most important, and easiest to control is the **amount of glucose** your baby gets from you while in your womb. **Too much glucose** in your blood during pregnancy usually leads to a large baby. This can cause problems during pregnancy and labour. A big baby is more likely to become **obese** and get **Type 2 diabetes** as they grow up.



The current test

Pregnant women at risk of high glucose levels are currently offered a 'glucose tolerance test' **six months into pregnancy**.

Two blood glucose tests are carried out, two hours apart after taking a sugary drink.

Many women already have signs of a big baby by this stage so **it's not a good enough test**, but we don't have a better one yet.

We think a new way of measuring glucose called '**continuous glucose monitoring**' which gives more detailed glucose information might be better.



We are looking for

500 women

at risk of **high glucose levels** in pregnancy, to take part in this research and have their glucose measured during pregnancy to see **how the two tests compare**.

The new test



Five times during your pregnancy you will wear a **small sticky patch** on your arm (about the size of a £1 coin)



You wear the patch **continuously** for **two weeks at a time**



The patch measures your **glucose levels every few minutes** and stores the information

At the end of the two weeks, simply **peel off the patch**, put it in a stamped addressed envelope and **send to the Research Team**



We think that all the information we gather will help to develop new ways in which women **can reduce their risk** of having abnormally sized babies, reduce still births, pregnancy complications and **improve the long term health** of their children.



The data stored on your patch is **saved anonymously** on a database and looked at by the research team.



At the end of your pregnancy, your baby's birthweight is recorded, along with information from the data on your patch, your baby's growth measurements (from ultrasound scans), and any complications during your pregnancy.

If you are within the **first 12 weeks of pregnancy** and interested in taking part please **contact us** for more information, or have a **chat with our research team** when you come for your first baby scan.

