



**You have a single pregnancy?
You are between 18 and 45 years?
You are less than 3 months pregnant?**

**This study on screening for diabetes
and gestational diabetes might than
be very interesting for you!**



What is the *BEDIP-N* study about?

The BEDIP-N study evaluates a new screening strategy to detect diabetes in pregnancy.

Yearly 135 000 women become pregnant in Belgium. Five to ten percent will have a sugar level that is too high during pregnancy. It is important to timely detect and treat diabetes as this increases the risk for complications for mother and baby, both during and after pregnancy. A screening test is therefore recommended for every pregnant woman. After drinking a solution with sugar, the sugar level will be measured. There still is a lot of controversy on how this test should be evaluated and which threshold values should be used.

In the BEDIP-N study you will be screened for both an unknown pregestational diabetes in early pregnancy and for a newly developing gestational diabetes. The new threshold values will be evaluated. In the study, data will be collected on the prenatal follow-up, the delivery and the health of the newborn baby. When diabetes or gestational diabetes is diagnosed, data will also be collected on the diabetes follow-up and treatment, and on the risk to permanently develop diabetes shortly after the delivery.



What is the difference between the *BEDIP-N* study and a normal follow up during pregnancy?

Your treatment and follow-up will not be different from a normal follow-up during pregnancy. You will not receive any study medication. Only the threshold values of the sugar levels during the screening tests are specific for the study.

You will be asked to fill in some questionnaires during the different visits and extra blood samples will be taken to evaluate your sugar metabolism. You will receive an additional screening test for gestational diabetes during 24-26 weeks of pregnancy which is specific for the study. All the other visits are part of the normal routine during pregnancy.



Are you interested?

*Ask your gynecologist or midwife
for more information.*

www.bedip.be