



## How long will your information be kept?

Your name and information will stay on the Clinical Register indefinitely with details added for each pregnancy.

## Removing your name from the Clinical Register

Your information will be collected for the Clinical Register unless you advise otherwise. Where possible, your health professional will ask if you agree to be on the Clinical Register. Only health professionals involved in the management of your care can access your information.

If you do not want your name on the Clinical Register please let a health professional looking after you know. You can ask for your name and information to be removed at any time with no consequences to your health care.

## Contact Information

If you have any questions or would like more information you can talk to those looking after you or refer to the Northern Australia Diabetes across the LifecoursePartnership website: [dipp.org.au](http://dipp.org.au)

### Royal Darwin Hospital Diabetes Team

Ph: 08) 8922 8888 (Ask switch to put you through to the Diabetes Team -pager number 0628) or Email: [DIPClinicalRegister.THS@nt.gov.au](mailto:DIPClinicalRegister.THS@nt.gov.au)

### Alice Springs Hospital Diabetes Team

Ph: 08) 8951 7777 (Ask switch to put you through to the Diabetes Team -pager number 025)

### Menzies School of Health Research

PO BOX 41096, Casuarina NT 0811  
Ph: 08) 8946 8634 / Fax: 08) 8946 8464  
Email: [ntdippartnership@menzies.edu.au](mailto:ntdippartnership@menzies.edu.au)

**Human Research Ethics Committee Top End** 08 8946 8687  
[ethics@menzies.edu.au](mailto:ethics@menzies.edu.au) or **Central** 08 8951 4700  
[cahrec@flinders.edu.au](mailto:cahrec@flinders.edu.au)

NT DIABETES IN PREGNANCY

# CLINICAL REGISTER

INFORMATION FOR WOMEN



[dipp.org.au](http://dipp.org.au)





## What is the Clinical Register?

The Clinical Register contains information about women with diabetes in pregnancy in the Northern Territory.

All women who have diabetes in pregnancy can be referred to the Clinical Register; this includes Type 1, Type 2 and Gestational Diabetes.

The register assists health professionals to access important information about your diabetes care. It also helps health services to better understand how many women have diabetes in pregnancy and improve how we care for women with diabetes in pregnancy.

Your health professional can explain more about the Clinical Register and how information is used.

## Information Collected for the Register

The Clinical Register contains information about your diabetes, pregnancy and baby's birth.

Information that is collected includes where you come from, results from tests and ultrasounds, any diabetes medications that you take, if you have other medical problems and your baby's birth information.

## How is your health information used?

The register assists health professionals to access important information about your diabetes care. Only health professionals involved in the management of your care can access your information. This is helpful when you access care between different health services.

Information about the health of women throughout the Northern Territory who have diabetes in pregnancy and their babies is used to assist with monitoring and improvement. Summary reports containing key findings are made available for health professionals to discuss and information may be published as research. This information does not contain your personal details or private information such as your name or contact details.

You can contact the Diabetes in Pregnancy Partnership if you are interested in information published from the NT Diabetes in Pregnancy Clinical Register.

If you have diabetes in pregnancy, there are ways that can help to reduce diabetes related problems and have a healthy pregnancy and birth.

These include:

- Eating the right amount of healthy foods
- Being physically active
- Attending your routine health appointments
- Checking your blood sugar levels regularly
- Taking your diabetes medications, including insulin if required

