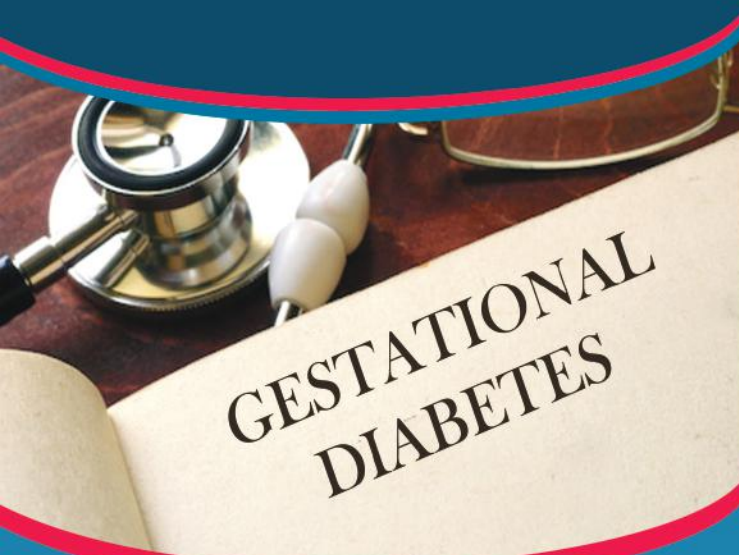




Gestational Diabetes



Your doctor will give you a glucose challenge or glucose screening test. You'll drink something sweet to raise your blood sugar. An hour later, you'll take a blood test to see how your body handled all that sugar. If the results show that your blood sugar is higher than a certain level, usually around 200 milligrams per deciliter (mg/dL), you'll need an oral glucose tolerance test. This means checking your blood sugar after going without food and having a 3-hour glucose test.

If you're at high risk but your test results are normal, your doctor might test you again later in your pregnancy to make sure you still don't have it.

➤ Gestational Diabetes Treatment ◀

If you have gestational diabetes, you'll need treatment as soon as possible to keep yourself and your baby healthy during your pregnancy and delivery. a doctor will ask you to:

- Check your blood sugar levels four or more times a day
- Check your urine for ketones, chemicals that mean that your diabetes isn't under control
 - Eat a healthy diet
 - Make exercise a habit

Your doctor will keep track of your weight and your baby's development. They might give you insulin or another medicine to keep your blood sugar under control.

Target Blood Sugar Levels for Women During Pregnancy

The American Diabetes Association recommends these targets for pregnant women who test their blood sugar:

- Before a meal: 95 mg/dL or less
- An hour after a meal: 140 mg/dL or less
- Two hours after a meal: 120 mg/dL or less.



➤ Diet and Exercise for Gestational Diabetes ◀

Take these simple steps to stay healthy:

- **Eat a healthy, low-sugar diet:** Follow a meal plan made for someone with diabetes. Trade sugary snacks like cookies, candy, and ice cream for natural sugars like fruits, carrots, and raisins. Add vegetables and whole grains and watch portion sizes.
- **Exercise throughout your pregnancy:** Get active as soon as possible. Aim for 30 minutes of moderate activity most days of the week. Running, walking, swimming, and biking are all good options.
- **Lose excess weight before you get pregnant:** Doctors don't recommend you lose weight during pregnancy. Dropping extra pounds before you get pregnant can make for a healthier pregnancy.

➤ Gestational Diabetes Prevention ◀

You can lower your risk before you get pregnant by:

- Eating a healthy diet
- Staying active
- Losing extra weight



Gestational Diabetes



Gestational Diabetes Risk Factors

- ▶ You're more likely to get gestational diabetes if you:
 - ▶ Were overweight before you got pregnant
 - ▶ Are African-American, Asian, Hispanic, or Native American
 - ▶ Have blood sugar levels that are higher than they should be but not high enough to be diabetes (this is called prediabetes)

Gestational Diabetes

Gestational diabetes is a condition in which blood sugar levels become high during pregnancy.

There are two classes of gestational diabetes. Women with class A1 can manage it through diet and exercise. Those who have class A2 need to take insulin or other medications. Gestational diabetes goes away after giving birth. But it can affect a baby's health, and it raises the risk of getting type 2 diabetes later in life.

Gestational Diabetes Symptoms

Women with gestational diabetes don't usually have symptoms or may chalk them up to pregnancy. Most find out that they have it during a routine screening.

You may notice that:

- ▶ You're thirstier than usual
- ▶ You're hungrier and eat more than usual
- ▶ You pee more than usual



- ▶ Have given birth to a large baby (weighing more than 9 pounds)
- ▶ Have given birth to a baby who was stillborn or had certain birth defects
 - ▶ Are older than 25

Gestational Diabetes Tests and Diagnosis

Gestational diabetes usually happens in the second half of pregnancy. Your doctor will check for it between weeks 24 and 28 or sooner if you're at high risk.

- ▶ Have a family member with diabetes
- ▶ Have had gestational diabetes before
- ▶ Have high blood pressure or other medical complications