



NEED TO KNOW

Gestational Diabetes

WHAT IS IT?

Gestational diabetes is a type of diabetes that women can only get when they are pregnant. If you have high blood sugar while you are pregnant, and never had high blood sugar before, then you have gestational diabetes.

AM I AT RISK FOR GESTATIONAL DIABETES?

If you answer yes to any of these questions, you may be at risk.

- Are you African American, Native American, South or East Asian, or Hispanic?
- Are you overweight?
- Does anyone in your family have diabetes now or in the past?
- Are you 25 years old or older?
- Have you ever had high blood sugar with other pregnancies?
- Have you had a very large baby in the past?

GET TESTED FOR GESTATIONAL DIABETES WITH EVERY PREGNANCY. Each pregnancy is different. If you have never had gestational diabetes in other pregnancies, you can still become diabetic during this one. Also, just because you had gestational diabetes in other pregnancies doesn't mean you will get it each time you get pregnant. The only way to know if you have Gestational Diabetes is to be tested.

TESTING IS EASY AS 1, 2, 3!

Testing for gestational diabetes is very simple and painless.

- First, a nurse will take a sample of your blood.
- Second, you will be asked to drink a very sweet drink.
- Third, the nurse will take your blood again after a certain amount of time has passed to see how much sugar is in your blood.

If the results are normal, then you probably don't have gestational diabetes.

If the results are high, then your doctor may want to do more testing.

IT'S NOT ALL BAD!

You may not be happy at first to hear that you have gestational diabetes, but there is some good news about your condition.

- Gestational diabetes goes away after you have the baby, most of the time
- Gestational diabetes is treatable when you find out that you have it early.
- Gestational diabetes promotes healthy eating habits, a close relationship with your doctor, which gives you a great chance of having a healthy baby.