

Gestational Diabetes and Pregnancy

Getting Tested for Gestational Diabetes during your pregnancy is important!



What is Gestational Diabetes?

It's when you develop high blood sugar levels during pregnancy.

Who is most at risk of developing Gestational Diabetes?

- ✓ If you have a family member with diabetes
- ✓ If you are overweight before pregnancy
- ✓ If you are over the age of 35
- ✓ If you've had Gestational Diabetes before
- ✓ If you have had a baby weighing more than 9 pounds

How does Gestational Diabetes affect me?

- It can increase your blood pressure
- You have a higher chance of developing type 2 diabetes later in life
- You may have a big baby that can be hard to deliver

How does Gestational Diabetes affect my baby?

- Your baby can have low blood sugar after birth
- Your delivery may be more difficult and cause extra stress on your baby
- Your baby may have an increased chance of developing type 2 diabetes later in life

When should you be tested?

See your Health Care Provider to check your blood sugar levels during the first prenatal visit or about 6 to 7 months (24 to 28 weeks) into your pregnancy.

What can I do?

- Follow a healthy eating plan. Eat three small meals a day with a few healthy snacks.
Your Healthy Baby Benefit cheque can help you buy the foods you need.
- Cut back on sugar such as pop, juice, candy, cookies and cake.
- Drink lots of water and avoid alcohol.
- Stay active. Walk with a friend, swim, or play with your children.
- Keep all your prenatal appointments.

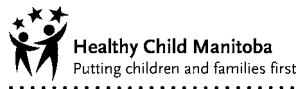
For more information about gestational diabetes, call your Public Health Nurse. If you do not have the phone number of a Public Health Nurse in your area, call the Healthy Baby office at 945-1301 and we will help you find it.

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area.

Call 945-1301 or toll-free at 1-888-848-0140

If you live in a First Nation community, call 983-4199 and ask about federal programs.



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