

PREGNANT WITH DIABETES

Gestational (sounds like: Jess STAY shun ull) diabetes is a type of diabetes some women get when they are pregnant.

What to do if you are pregnant and get diabetes:

- Eat healthy foods in the right amounts. (A diabetes educator, registered dietitian, or nurse can help.)
- Follow your doctor's plan on how to be safely active for 30 minutes or more a day.
- Check your blood sugar when you wake up and 1 to 2 hours after meals.



Your blood sugar goals when you are pregnant are:

Before meals: 95 or lower.

1 hour after meals: 140 or lower.

2 hours after meals: 120 or lower.

If you eat right and are active but your blood sugar is still too high, you may need to take medicine to reach your blood sugar goal.

Important things to do after the baby is born:

- Breast-feed your baby if you can.
- Go to all your doctor or clinic visits for the baby.
- Have a diabetes test 6 to 12 weeks after the baby is born.

How to stop diabetes after you have your baby:

- Keep eating healthy foods in the right amounts (small portions or servings).
- Stay active. Exercise every day for 30 minutes or more.
- Keep a healthy weight. If you need help, talk to your doctor.
- Have a diabetes test every 3 years for the rest of your life.

