



Gestational diabetes is a medical problem that any pregnant woman can get it. *Gestational* means pregnancy. *Diabetes* means more sugar in the blood than you need. The two together mean that you have higher than normal blood sugar in your blood during your pregnancy. A mother shares her blood with her baby and a higher than normal level of sugar in the blood can cause problems for both you and your baby.



If your blood sugars stay high, your baby can:

- ❖ grow too big and have a hard time being born;
- ❖ have a birth injury like a broken arm or collar bone;
- ❖ be born too early;
- ❖ have breathing problems after birth;
- ❖ have low blood sugars.

High blood sugars can also harm you. If you are pregnant and have diabetes, you might have these problems:

- ❖ you may get high blood pressure;
- ❖ your baby may need to be born too early;
- ❖ you may have a harder labor and birth;
- ❖ you may need an operation, called a c-section, for the baby to be born.

It is important to have normal blood sugars while you are pregnant. You will need special care during your pregnancy. High blood sugar levels can easily be brought down with a little help.



Your Sweet Success team will care for you and your baby. Your health care team will be made up of your doctor, nurse, social worker, dietitian and you.

You can do many things to make your blood sugar normal. You can:

Calendar						
	Test					
		Apt.				

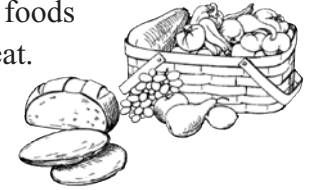
1. Keep all your appointments with your doctor and Sweet Success team.

2. Follow their advice.



3. Check your blood sugars and write down the results.

4. Choose the right foods and amounts to eat. Write down everything you eat and drink.



5. Exercise every day if your doctor says it is ok.

6. Talk about your feelings and worries with your health care team and your family. You and your feelings are important. You need special care during pregnancy.



7. If your health care team told you that you need insulin, take it when and how you were taught.



All these steps are important! These changes can help you and your baby stay healthy.

