

# 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.

