

**WHAT HAPPENS IF YOU  
ARE PREGNANT AND  
DIAGNOSED WITH  
GESTATIONAL DIABETES?**

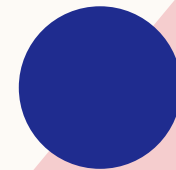
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# **WHAT IS GESTATIONAL DIABETES MELLITUS (GDM)?**

It is a type of diabetes that occurs during pregnancy.

Your body cannot produce enough insulin to handle the effects of a growing baby and changing hormone levels. Insulin helps your body control the level of glucose (sugar) in your blood. If your body cannot produce enough insulin, your blood sugar will rise.





**BETWEEN 3-20% OF  
PREGNANT WOMEN  
DEVELOP GDM,  
DEPENDING ON  
THEIR RISK  
FACTORS.**

# RISK FACTORS

- 35 years of age or older
- From a high-risk group
- Using corticosteroid medication
- Obesity
- Prediabetes
- GDM in a previous pregnancy
- Given birth to a baby that weighed 9lbs+
- Genetics
- Polycystic ovary syndrome (PCOS) or acanthosis nigricans (darkened patches of skin)

# **WHEN SHOULD YOU BE SCREENED FOR GESTATIONAL DIABETES?**

All pregnant women should be screened for GDM between 24 to 28 weeks of pregnancy. Women who are at high risk for undiagnosed type 2 diabetes should be screened at less than 20 weeks.

# TYPE OF SCREENING

## GLUCOSE TOLERANCE TEST

- This test is used to determine your body's response to sugar (glucose). A glucose tolerance test is used to screen for type 2 diabetes and is very often it is used to diagnose gestational diabetes
- Be sure to ask your health care providers who will arrange your test and who will share results with you.
- Fast for 8 hours before the test. After the lab takes the blood sample, you will be given a sugary drink. Two hours later, you will have another test.

You need to be screened for type 2 diabetes:

- 6 wks to 6 mths after giving birth (with a glucose tolerance test).
- When you are planning another pregnancy.
- Every 3 years (or more often depending on risk factors).

*Gestational diabetes puts you at increased risk of developing type 2 diabetes.*

**What happens if you are pregnant and diagnosed with gestational diabetes?**

**CHOOSING A HEALTHY DIET, ACHIEVING A NORMAL WEIGHT GAIN, BEING PHYSICALLY ACTIVE, CHECKING YOUR BLOOD SUGARS AT HOME AND TAKING MEDICATION, IF NEEDED.**

# **EARLY DIAGNOSIS AND MANAGEMENT OF TYPE 2 DIABETES IS IMPORTANT BECAUSE:**

- Undiagnosed or poorly controlled type 2 diabetes in a pregnant woman increases her risk of miscarriage, the baby being born with a malformation, or having a still born baby.
- It will improve your chances of having healthy pregnancies and healthy babies in the future.