

Why Did I Get Diabetes in This Pregnancy?

There are many reasons why people get diabetes. Sometimes just being pregnant can trigger it as pregnancy increases the need for insulin. You may have a family history of diabetes. It may have to do with your age, your race, or your weight.

What Can I Expect to Happen While I Am Pregnant?

- You may need to come for check-ups more often
- You may need more tests
- You may need to go to a diabetes specialist. You may be referred to a California Diabetes and Pregnancy Program (CDAPP), Sweet Success Affiliate. The team may include a dietitian, a behavioral medicine specialist or social worker, and a nurse, along with your health care provider. They will help you understand and manage your diabetes.
- A dietitian can help you with an individualized meal plan to meet your needs
- A nurse can teach you how to check your blood sugar and control your diabetes
- A behavioral medicine specialist or social worker can help you learn to relax to lower the stress that comes with being pregnant and having diabetes
- They will all encourage you to exercise. Being active can lower your blood sugar.



Will I Have to Take Insulin?

Insulin is a hormone produced by your body. If your body does not make enough insulin, your health care provider may prescribe insulin.

- Insulin helps keep your blood sugar under control
- Controlled blood sugar helps you and your baby stay healthy

Do I Have to Give Up Everything I Like to Eat?

No! But you will need to learn what the foods you eat do to your blood sugar. Talk to the registered dietitian to see if you can fit some of your favorite foods into your meal plan.





Will My Baby Have Diabetes?

Most likely, your baby will not have diabetes. Your child may have a greater risk of getting diabetes later on in life. To lower the chances of that happening you can:

- Eat a healthy diet and help your family eat healthy food
- Keep your blood sugar under control while you are pregnant
- Breastfeed your baby to lower the chance your baby will have diabetes later

Will I Have Diabetes After the Baby Is Born?

If you had gestational diabetes while you were pregnant, it will most likely go away after giving birth. However, you are at a greater risk for developing type 2 diabetes later in life.

You may have had type 2 diabetes before you were pregnant. If you did, you will still have it after your baby is born.

Will I Have Diabetes in My Next Pregnancy?

It is likely that you will have gestational diabetes in your next pregnancy. Here's what you can do:

- Get tested for diabetes six weeks after your baby is born
- Get tested every year. That will help you find out if you have diabetes.
- If you do get diabetes, it is very important to see your doctor before you plan for another pregnancy
- If you get pregnant again, be sure to get tested for diabetes right away. That way you can get the care you need to have a healthy pregnancy.
- Maintain a healthy weight by eating healthy foods and being physically active to lower your chances of having diabetes

