



Gestational diabetes: quick guide

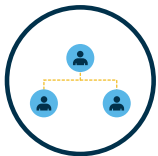
What is gestational diabetes?

- Gestational diabetes causes high blood glucose (sugar) levels during pregnancy.
- When you eat, your body turns carbohydrates from food into glucose, which enters your blood.
- Insulin is made by the body to help move glucose from your blood into your cells for energy.
- Pregnancy hormones can stop insulin from working as well as it should.
- This means glucose stays in your blood, causing high blood glucose levels and gestational diabetes.

Why some people get gestational diabetes

Anyone can get gestational diabetes. You are not alone, and have not done anything to cause it.

Your risk may be higher because of:



your family history



your age



your medical history



your cultural background



your weight



types of medicines you use

Gestational diabetes is common and treatable. With the right care, you can have a healthy pregnancy and baby.

Gestational diabetes and your baby

Gestational diabetes can increase the risk of:

- high blood pressure in pregnancy
- having a large baby
- your baby having low blood glucose levels after birth.

By looking after your diabetes, you can lower these risks.

Looking after gestational diabetes

Your doctor or diabetes team will help you make a plan to look after your gestational diabetes. This may include:



Healthy eating

The right balance of healthy foods nourishes you and your baby. It also helps keep your blood glucose levels in a healthy range.



Being active

Helps keep your blood glucose levels in a healthy range and keeps you fit to prepare for the birth of your baby.



Blood glucose checks

These help you see how food and activity affect your blood glucose levels, and how to keep them in a healthy range.



Insulin and medicine

Many women need insulin or medicine to manage their diabetes and keep their blood glucose levels healthy.

After your baby is born

- Gestational diabetes usually goes away after the baby is born. Your baby will not be born with diabetes.
- But the risk of developing type 2 diabetes in the future is higher for both you and your baby.
- Having regular diabetes checks and a healthy lifestyle can help you and your family stay healthy.
- Talk to your doctor or diabetes health professional about the health checks you need.



The NDSS and you

For access to more resources (including in your language), go to ndss.com.au or call the **NDSS Helpline 1800 637 700**.

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.