You're going to have a baby! In pregnancy, your body goes through many changes. These changes affect the way your body uses sugars and starches (carbohydrates) for energy. Sometimes, these changes cause extra sugar (glucose) to collect in the blood, resulting in high blood sugar, or diabetes. People who are pregnant can have two types of diabetes:

**Gestational diabetes...**
This type of diabetes is usually identified at 24-28 weeks of pregnancy, but may be identified sooner. Having gestational diabetes can put you at greater risk of developing diabetes in the future.

**Pregestational diabetes...**
means that you had diabetes before you became pregnant. Sometimes, this diabetes is first identified during the pregnancy.

### Managing Diabetes During Pregnancy

If you have diabetes, you need extra care during and after pregnancy. Uncontrolled blood sugar can cause problems for pregnant people and newborns. It can lead to:

- Problems during labor and delivery
- Delivery by C-section
- A large baby, more than 9 pounds
- Very low blood sugar in the baby after birth
- Higher risk of obesity and diabetes later in life for the baby

Controlling your blood sugar, eating healthy, and exercising will help reduce the risk of these problems. Your care team can help develop a plan that works best for you.

The following guidance helps with controlling blood sugar for a healthy pregnancy.
After Your Baby is Born

- Continue to eat healthy, be physically active, and keep your weight within a healthy range.
- Breastfeed your baby to reduce your risk of diabetes. If you have diabetes, breastfeeding will help with blood sugar control. Breastfed babies have a lower risk of developing obesity and diabetes later in life.
- Get tested for diabetes six weeks after your baby is born and then once a year if you had gestational diabetes.

Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
04/2022

Take a picture with your cell phone.
Look at the picture later as a reminder!