



## COMPLICATIONS WITH GESTATIONAL DIABETES

### POSSIBLE PROBLEMS FOR MOTHER IF BLOOD SUGARS ARE HIGH:

- High blood pressure
- Polyhydramnios (too much amniotic fluid)
- Increased risk for C-Section
- Increased risk for infections of the vagina and urinary tract
- Increased risk for problems with the teeth and gums
- Increased risk for developing diabetes later in life

### POSSIBLE PROBLEMS FOR BABY IF BLOOD SUGARS ARE HIGH:

- Birth weight greater than 9 pounds
- Shoulders too large for delivery
- Increased risk for C-Section
- Hypoglycemia (low blood sugar at birth)
- Jaundice (yellow skin)
- Breathing problems at birth
- Stillbirth (born dead)
- Higher risk for developing diabetes later in life

### WHAT SHOULD YOU DO AFTER YOUR BABY IS BORN?

- See your health care provider 2 weeks and at 6 weeks after delivery.
- Have a 2-Hour blood sugar test done 6 weeks after deliver to see if your diabetes went away.
- Keep exercising because this can lower your risk for developing diabetes later in life if you have gestational diabetes.
- Eat healthy.
- Talk to your health care provider about birth control methods.
- Ask questions about anything you do not understand.

### WHY IS IT IMPORTANT FOR YOU TO GET A 2-HOUR FASTING BLOOD SUGAR TEST DONE 6 WEEKS AFTER DELIVER?

If you have gestational diabetes, the only way to know for sure if the diabetes went away after delivery is to have a 2-hour glucose tolerance test done. You should have this test done 6 weeks after delivery. You are at a high risk for developing diabetes later in life. You are also at a high risk for developing gestational diabetes with each of your other pregnancies.