



## COMPLICATIONS WITH PREGESTATIONAL 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, kidneys and eyes

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

- Miscarriage
- Birth defects
- 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 6 weeks after delivery.
- Keep exercising because this can help keep your blood sugar in good control.
- Check your blood sugar at least 3 times a week.
- Eat healthy.
- Talk to your health care provider about birth control methods.
- Ask questions about anything you do not understand.