

HealthTips

Make Health Happen

Gestational diabetes

Even if you don't have diabetes, you can get it while you're pregnant. This is called **gestational diabetes**.

What is diabetes?

Diabetes happens when your body doesn't make or use insulin properly. The sugar in your blood can become high, making it dangerous for both you and your baby.

Who's at risk?

Pregnant women most at risk for gestational diabetes:



Have high blood pressure.

30+

Are age 30 or older.



Have a family member who has diabetes.



Had gestational diabetes with an earlier pregnancy.



Have gained an unhealthy amount of weight during pregnancy — if you're not sure about how much weight gain is too much, ask your health care provider.



Call a health care provider right away if you have any of these signs or symptoms:



- Bleeding from your vagina
- Stomach cramps or contractions
- Blurred or double vision
- Feeling lightheaded, shaky or dizzy
- You don't feel the baby moving much or at all
- Unusual thirst
- Frequent urination (needing to pee a lot)

Most women don't notice signs or symptoms of gestational diabetes. It's usually found by a health care provider during routine prenatal tests.

You still can have a healthy pregnancy and a healthy baby if you have gestational diabetes. You and your health care provider can work as a team to keep your blood sugar under control. This may include self blood sugar checks or regular checks from your health care provider.

Helpful phone numbers for Dell Children's Health Plan members only

Member Services: 1-888-596-0268 (TTY 711)

Monday through Friday from 7 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

DellChildrensHealthPlan.com/members

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What can I do to help keep my baby and me healthy?

The way you eat every day can help control your blood sugar. **Try to eat:**



Foods low in sugars.



Low-fat dairy foods, like milk, yogurt and cheese.



Smaller, healthy meals more often throughout the day.



Lean proteins like seafood, poultry and tofu. Grilled or baked is healthiest.



Whole grain breads, pasta and cereal.



Fruits and vegetables (fresh, frozen or canned).



Staying active

Will also help control your blood sugar.



A health care provider will check your blood sugar:

- While you're pregnant.
- After delivery.
- Again six weeks later to make sure it's normal.

It's a good idea to get your blood sugar checked regularly because you're more at risk to develop diabetes again. Talk with a health care provider about checking your blood sugar in the future.

Sources:

National Institutes of Health website: *Managing Gestational Diabetes: A Patient's Guide to a Healthy Pregnancy*, February 8, 2001.

https://www1.nichd.nih.gov/publications/Pages/pubs_details.aspx?pubs_id=297 (Accessed on February 25, 2019).

Mayo Clinic website:

<https://www.mayoclinic.org/diseases-conditions/gestational-diabetes/symptoms-causes/syc-20355339> (Accessed on February 25, 2019).