

# DIABETES

## DURING & AFTER PREGNANCY

### SYMPTOMS

Talk to your health care provider about testing your blood sugar if you have any of these symptoms:



Having to pee more often



Increased thirst



Feeling very hungry (Even though you are eating)



Feeling very tired



Blurry vision



Sores that heal slowly



Unexplained weight loss



Numb/tingling hands or feet

### DIABETES

Diabetes (diabetes mellitus) is a condition where your body has trouble controlling the level of sugar (glucose) in your blood.



This happens when your body does not make enough insulin or cannot use the insulin that your body makes. Insulin is a hormone that controls the amount of sugar in your blood.

### THREE MAIN TYPES OF DIABETES

#### GESTATIONAL

When you are pregnant your body needs more insulin. Gestational diabetes happens when you are pregnant and your body can't make enough insulin.

Your health care provider should test your blood glucose, also called blood sugar, between 24 and 28 weeks of pregnancy. Gestational diabetes usually goes away after giving birth and does not usually have symptoms.

#### TYPE 1

Type 1 diabetes happens when your body does not make insulin, or it makes a very small amount. It can develop at any age, but usually happens in children, teens, and young adults.



#### TYPE 2

Type 2 diabetes happens when your body stops responding to insulin. It can develop at any age.

### RISKS FOR HAVING DIABETES



Family history of diabetes



Gestational diabetes in a previous pregnancy



Having prediabetes



Having high blood pressure or heart disease



Being overweight

### HEALTH RISKS

#### TO YOU:

- Heavy bleeding after birth
- Stroke
- Heart attack
- Kidney disease
- High blood pressure and preeclampsia

#### TO YOUR BABY:

- Injury during birth
- Problems breathing or with their liver
- Being born too early



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# MANAGING DIABETES DURING & AFTER PREGNANCY

## TAKE CARE OF YOURSELF

### PHYSICAL ACTIVITY\*

Try to get at least 150 minutes of moderate physical activity each week. That could be 30 minutes a day, for five days a week.

Examples - walk, dance, yoga, or find simple exercises online.



\*Talk with your provider before changing your activity levels.

### NUTRITION

Ask if you need a referral for a dietitian or diabetes educator. Make a meal plan with your health team that fits your life.

Look for:

- Fruit labeled unsweetened, no sugar added, or packed in its own juice.
- Veggies labeled low-sodium, reduced-sodium, or no-salt-added.

Fresh, canned, and frozen fruits and veggies are all healthy choices.



Focus on eating:

- Non-starchy vegetables - like broccoli, green salad, & nopales (prickly pear cactus)
- Low-fat milk, yogurt, and cheese
- Skinless chicken and fish
- Fruit
- Whole grains - like oatmeal & whole grain bread/pasta
- Beans, peas, seeds, and nuts



Brush and floss your teeth daily.

Don't smoke, use drugs, drink alcohol, or use marijuana products.

## WORK WITH YOUR PROVIDER

Diabetes treatment is different for everyone, so make a plan that is right for you.

### MONITOR YOUR BLOOD SUGAR AT HOME

If you are taking your own blood sugar at home, talk with your provider about important things to know.

What is a healthy blood sugar reading for me?

What should I do if my reading is higher or lower than that number?

When should I call the provider's office?

How often should I check my blood sugar at home?

### GO TO ALL APPOINTMENTS

Your provider needs to monitor your A1c (average blood sugar reading over three months), to make sure you and your baby are healthy.

### MEDICATION

If you and your provider decide that medication/insulin is needed:

- Do not stop taking the medication without talking to your provider.
- Take your medication as directed.
- Talk with your provider about side effects.
- Tell your provider if you can't afford the medication.



### SHARE YOUR BLOOD SUGAR READINGS



Record your blood sugar readings and share them with your provider.

Find a way to record the readings that works best for you (like writing them down, using an app, or putting them in your patient portal/medical chart).