If you have diabetes, your body cannot properly use the food you eat for energy.

When you have diabetes during pregnancy, it is called gestational diabetes.

When you eat, your body breaks down the foods into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood and your blood sugar rises.

Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your body’s cells so your body can use it for energy.

You cannot live without insulin.

Diabetes while you are pregnant

With diabetes, you and your baby do not get the energy you need from the food you eat. This is because your body does not make enough insulin for the amount of glucose that both you and your baby need for energy. This causes you to have high blood sugar during pregnancy, which can be harmful to you and to your baby. You will have blood tests done to check your glucose level.

If not treated, gestational diabetes can cause:

- A large baby, which can cause a hard delivery
- Birth defects
- A low blood sugar in your baby right after birth, which is not good for your baby
- Breathing problems for your baby

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Signs
You may have no signs that your blood sugar is high. Ask your doctor about glucose testing during your pregnancy.

Your Care
The goal is to keep your blood sugar under control. Your doctor will follow your pregnancy closely to check you and your baby.

If you have high blood sugar:
• Eat a well balanced diet. A dietitian or nurse will help you plan your diet.
• Exercise each day.
• Check your blood sugar often and write it down. You will be taught to check your blood sugar using a glucose meter.
• You may need to give yourself insulin shots. If so, a nurse will show you how to do this.

Your health after your baby is born
After your baby is born, your blood sugar will likely go back to normal. Your blood sugar will be checked 6 weeks after delivery or after you have stopped breastfeeding.

Women who have had gestational diabetes have a high rate of Type 2 diabetes later in life. Reduce your risk by staying at a healthy weight, exercising regularly, and eating healthy foods. Have your blood sugar tested at least once a year or as directed.

الأعراض
قد لا تكون لديك أي أعراض تنبئ بإصابتك بارتفاع نسبة السكر في الدم. اسألي طبيبك عن اختبار الجلوكوز أثناء حملك.

الاعتناء بصحتك
إن الهدف هو الحفاظ على مستوى السكر في الدم تحت السيطرة. ولذا، سوف يحرص طبيبك على متابعة حملك عن قرب للإطمئنان على حالتكم الصحية وحالة الجنين.

إذا كنت تعاني من ارتفاع مستوى السكر في الدم:
• تبعي نظاماً غذائياً متوازناً. سوف يساعدك أحد المختصين في التغذية أو إحدى الممرضات على تخطيط نظامك الغذائي.
• يجب ممارسة الرياضة بصفة يومية.
• تتبع فحص مستوى السكر في الدم بشكل منتظم وتسجله. سوف يتم تعليمك كيفية قياس نسبة السكر في الدم باستخدام مقياس الجلوكوز.
• قد تحتاجين إلى حقن نفسك بالأنسولين. وفي هذه الحالة، سوف ترشدك إحدى الممرضات حول كيفية القيام بذلك.

حالتكم الصحية بعد ولادة طفلك
عندما تأتي في حالة طفلك، سوف يكون مستوى السكر في الدم إلى معدل الطبيعي في غالب الأحيان.

سوف يتم قياس مستوى السكر في الدم بعد الولادة بصفة دورية. أصابع أو بعد توقف عن إرضاع طفلك.

النساء اللاتي عانين من سكري الحمل أكثر عرضة للإصابة بالنوع الثاني لاحقاً. يمكنك الحد من تلك الخطورة من خلال الحفاظ على وزن صحي والمواظبة على ممارسة الرياضة وتناول الطعام الصحي. وكذلك الحرص على اختيار مستوى السكر في الدم مرة واحدة في العام أو هربما ينصح به طبيبك.
Talk to your doctor or nurse if you have any questions or concerns.