



Am I at Risk for Gestational Diabetes?

What is gestational diabetes?

It is a type of diabetes (high blood sugar) that can develop during pregnancy. If gestational diabetes develops during pregnancy and is not treated it can cause problems for you and also for your baby.

What are the risk factors for developing gestational diabetes?

- Member of high risk ethnic group: Hispanic, African American, Native American, Asian, Pacific Islander
- Overweight
- Family member has diabetes (Parent, sibling or child)
- Older than 25 years of age
- Previous pregnancy with gestational diabetes
- Large baby (greater than 9 pounds) or stillbirth in past pregnancy
- History of abnormal glucose intolerance
- History of Polycystic Ovary Syndrome

Who should be tested?

If you are at high risk for gestational diabetes your health-care provider may test you as soon as you know you are pregnant. If your test is negative your doctor will test you again when you are between 24-28 weeks pregnant.

How will I be tested for gestational diabetes?

A test called Oral Glucose Tolerance Test will be given by your health-care provider. Before the test begins your fasting blood sugars (when you not eaten or drank anything but water for 8 hrs) will be checked. Then you will be given a sweetened drink called *glucola* and your blood sugars will be checked again between a 1-3 hour time span.

Can I decrease my risk for developing gestational diabetes?

Yes you can decrease your risk of developing gestational diabetes. By making a few lifestyle changes, such as diet, exercise and controlling weight gain during pregnancy.



How can I decrease my risk of developing gestational diabetes?

- **Make healthy food choices**
 - Choose foods low in simple sugar
 - Avoid foods or drinks sweetened with sugar or honey
 - Drink less fruit juice and eat more whole fruit
 - Choose foods high in fiber
 - Decrease white flour products like white bread, tortillas and cereals
 - High fiber foods can help control your blood sugar
 - Choose whole grains breads/cereals, dried beans, fresh fruits and vegetables
 - Limit fast foods
 - Avoid breaded and deep fried foods such as fried chicken, fish sticks and french fries
 - Choose grilled or baked foods
 - Avoid sweet sauces such as catsup and relish (mustard and mayonnaise are ok)
- **Eat smaller more frequent meals**
 - Eating 3-4 small meals and 2-3 healthy snacks each day can help control your blood sugar
 - Do not skip meals
- **Be active**
 - Check with your provider before starting any exercise program
 - Exercise helps the body use blood sugar
 - Walking for 15 minutes after each meal will help lower blood sugars
 - Avoid walking in hot or humid weather
 - Drink plenty of water when you exercise
- **Appropriate weight gain**
 - Weight gain is needed to support healthy growth of your baby
 - To much or to little weight gain may cause health problems for you or your baby
 - How much weight you gain during pregnancy is based on your pre-pregnancy weight. The recommended weight gain for your pregnancy is a total weight gain of _____ pounds.