



DISTRICT OF COLUMBIA

## Gestational Diabetes

Gestational Diabetes is a type of Diabetes that is seen in a pregnant woman who did not have Diabetes before she was pregnant. Gestational Diabetes usually shows up in the middle of pregnancy. Doctors most often test for it between 24 and 28 weeks of pregnancy. Often Gestational Diabetes can be controlled through eating healthy foods and regular exercise. Sometimes a woman with Gestational Diabetes must also take insulin.

### Problems of Gestational Diabetes in Pregnancy:

Blood sugar that is not well controlled in a woman with Gestational Diabetes can lead to problems for the pregnant woman and the baby such as:



#### 1 An Extra Large Baby:

Diabetes that is not well controlled causes the baby's blood sugar to be high. The baby is "overfed" and grows extra-large. An extra-large baby can lead to problems during delivery for both the mother and the baby. The mother might need a C-Section to deliver the baby.

#### 2 C-Section (Cesarean Section):

A C-section is an operation to deliver the baby through the mother's belly. A woman who has Diabetes that is not well controlled has a higher chance of needing a C-section to deliver the baby. When the baby is delivered by a C-section, it takes longer for the woman to recover from childbirth.



#### 3 Low Blood Sugar (Hypoglycemia):

People with Diabetes who take insulin or other Diabetes medications can develop blood sugar that is too low. Low blood sugar can be very serious, and even fatal, if not treated quickly. Seriously low blood sugar can be avoided if women watch their blood sugar closely and treat low blood sugar early.



If a woman's Diabetes was not well controlled during pregnancy, her baby can very quickly develop low blood sugar after birth. The baby's blood sugar must be watched for several hours after delivery.

Ref: <https://www.cdc.gov/pregnancy/diabetes-gestational.html>

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

'영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



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GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR