

## GESTATIONAL DIABETES

- Gestational diabetes is a form of diabetes that occurs during pregnancy.
- It occurs in approximately 1 in 20 pregnant women, and is usually detected during a routine screening test, which is performed at 28 weeks of pregnancy.
- It is more common in women with a family history of diabetes, who are over 30 or come from certain ethnic groups.
- Having gestational diabetes that is not controlled can result in problems for the baby, such as macrosomia (large birth weight) and hypoglycemia (low blood glucose levels) after birth. The baby will not be born with diabetes.
- Gestational diabetes is a temporary condition, which usually resolves when the baby is born. A follow up diabetes test is performed on the mother after 3 months just to make sure.
- A woman who has gestational diabetes is at a higher risk of developing Type 2 diabetes later in life. This can be minimised by healthy eating and physical activity.

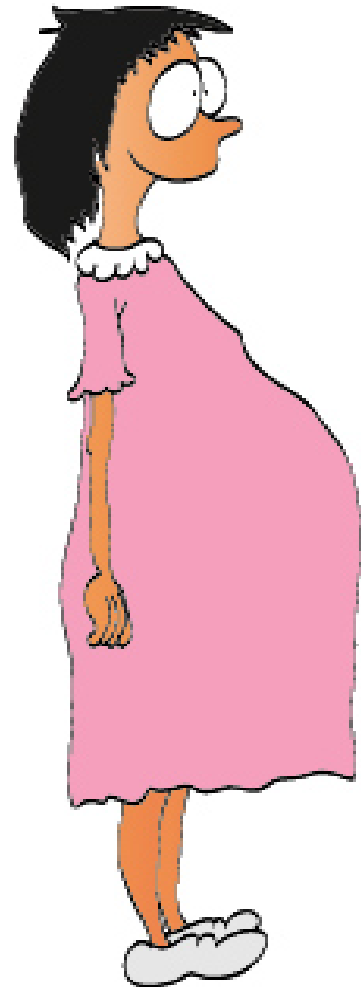
### What happens in the body with gestational diabetes?

- During pregnancy, the placenta produces hormones which stop insulin from working properly.
- Insulin becomes less effective, and therefore any glucose that reaches the muscle will have its journey delayed, resulting in high blood glucose levels.
- Gestational diabetes is not usually detected until the second half of pregnancy because this is when the placenta is able to produce enough of the hormones responsible for making insulin less effective.

## How is Gestational Diabetes treated?

- Gestational diabetes is usually treated with healthy eating alone. In some cases, insulin injections may be required in order to achieve good blood glucose control. Anti-diabetic tablets are not approved for use in pregnancy.

- **Gestational Diabetes is a temporary form of diabetes that occurs during pregnancy.**
- **Good blood glucose control can be achieved through healthy eating, and in some cases insulin injections, both of which can contribute to a safe delivery.**
- **Women who have had gestational diabetes may minimize the chance of developing Type 2 diabetes in later life through healthy eating and physical activity.**



**Proudly sponsored by**  
makers of  
**Accu-Chek Blood Glucose Meters**



Diagnostics