



## Gestational Diabetes

### What Is Diabetes?

Diabetes is a health problem that results in too much sugar in the bloodstream and not enough in cells where it can be used for energy. The problem occurs when the body is not able to make the hormone insulin (type 1 diabetes) or the insulin that is made doesn't work very well (type 2 diabetes). Gestational diabetes (GDM) is diabetes that occurs during pregnancy.

### Why Is GDM a Problem for Pregnant Women?

Women with GDM don't make enough insulin during pregnancy. This results in high levels of sugar in the blood, which is transferred to the baby. The baby turns the extra sugar into fat — mostly around his or her belly. This extra birth fat increases your baby's chance of having obesity, high blood pressure, heart disease, and type 2 diabetes later in life. In addition, the baby may have difficulty being born if he or she is too big, and can have low blood sugars that require special care right after birth.

### What Do I Do If I Have GDM?

If you have GDM, you will be asked to test your blood sugar at home. Most women with GDM are able to have normal blood sugar levels by eating healthy and increasing exercise. If you have GDM, you should meet with a diabetes educator or nurse who can teach you how to check your blood sugar levels and help you learn about how to eat in ways that keep your blood sugar at normal levels. A few women who have GDM need to take medicine or insulin to control blood sugar.

### What Happens After Pregnancy If I Have GDM?

Women who get GDM have a high chance of getting type 2 diabetes later in life. Healthy eating and regular exercise are important to help you prevent diabetes in your future. Breastfeeding is very important if you have had GDM. It will help you lose weight and will help your baby maintain a healthy weight too. Believe in yourself and your ability to have a healthy baby. You can!

### One Hour Glucola Testing Instructions

You do not have to fast for this test. **Pregnant patients should disregard the instructions on the bottle of glucola and follow the instructions on this sheet of paper instead.** You may eat or drink as you normally do prior to this test. The day of your one-hour test, you will be given a bottle of soda like drink called glucola. Most people think glucola tastes best when it is very cold. Drink the glucola as quickly as possible, in 15 minutes or less. Make a note of the time you finished drinking. Your blood will be drawn **EXACTLY** one hour from the time you finished drinking. Do not eat, drink, smoke between drinking the glucola and having your blood drawn. Make sure you allow plenty of time to get to the office and check in if you drink it at home.

When you get here, be sure to tell the receptionist what time you finished drinking the glucola. Again, your blood must be drawn exactly one hour after the time you finished drinking.

Test results normally come back in a week or less. If your results fall out of the normal range, we will call you to schedule additional testing. If your results are normal, we will wait until your next appointment to you the results, unless you call and ask for them.'