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Diabetes in Pregnancy (Gestational Diabetes)

Keeping mother and baby healthy

PATIENT INFORMATION LEAFLET

Gestational diabetes is high blood sugar that develops during pregnancy, usually after 24 weeks. With good control, most women have healthy babies. It usually goes away after delivery.

1 Typical sugar targets

- Fasting: below 95 mg/dL
- 1 hour after meals: below 140 mg/dL
- 2 hours after meals: below 120 mg/dL
- Your team may set slightly different targets

2 Managing it

- Check your sugar as advised — usually fasting and after meals
- Eat regular, balanced meals; limit sweets, juices and large rice portions
- Walk for 10–15 minutes after meals if safe
- Some women need metformin or insulin — this is safe and protects the baby

3 After delivery

- Breastfeeding helps your sugar and your baby
- Then check HbA1c every year — the risk of Type 2 diabetes is higher
- Have a sugar test 6–12 weeks after delivery
- Plan future pregnancies with your doctor

⚠ When to get medical help

- Reduced baby movements
- Sugar readings repeatedly above target
- Severe headache, blurred vision or swelling — contact your obstetrician urgently

TIP Gestational diabetes is not your fault — and good control makes a big difference.

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