

Gestational Diabetes- What to Expect?



Can my baby have diabetes at birth?

No, gestational diabetes in mothers does not cause diabetes in their newborn babies. However, such babies do have a higher risk of being very overweight and may get diabetes as they reach their teens or early adulthood.

What will happen to my baby, if I have gestational diabetes?

Research has suggested that if your blood glucose levels are within the target range, then you can deliver a healthy baby. But, high blood sugar throughout pregnancy can make the babies grow very large which makes vaginal delivery difficult. Moreover, such babies can have breathing problems or low blood glucose levels at birth in addition to other complications like low level of calcium in the blood, jaundice (yellowing of the skin), and an abnormal increase in red blood cells. These can be detected by the physician by performing certain special tests after delivery.



What are the effects of having gestational diabetes?

Having gestational diabetes increases the risks of having high blood pressure and a C-section delivery.



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How to deal with gestational diabetes?

You may have feelings of guilt, worry, and fear when you are detected with gestational diabetes. Moreover, you may feel burdened as you need to take special care of yourself along with the concerns about your baby's health. This may trouble your partner as well. You can always consult your doctor about the ways to adjust to the condition and also find someone who can help you. You can even bring your partner when you go in for doctor visits. And the best part is, the doctors know everything about treating gestational diabetes. So, you and your doctor can work together to achieve your target blood glucose levels.



Which blood tests should I get done?

Blood glucose levels: Regular blood sugar testing can help you in determining the effectiveness of your diabetes treatment. You can get the glucose levels checked at your physician's clinic or at home by using a blood glucose meter. The blood glucose meter is a small machine that checks your blood glucose by using a tiny drop of blood and then displays your glucose level at that moment. It uses a small device to prick your skin to obtain the blood sample. You can note the blood sugar levels in a log book and take it to your doctor during your visit.

As your delivery date approaches, it becomes difficult for the body to maintain normal blood glucose levels. High blood glucose levels during the last 4 to 8 weeks can cause your baby to grow too large. So, you need to do everything possible to manage your blood glucose levels for your as well as your baby's health.

Ketone levels: Ketone is a substance present in the urine whose presence indicates that your body is using fats for energy. This happens when you are not taking enough calories or are not eating enough. Ketones are harmful for your baby.

What will happen after delivery?

As soon as you deliver, the blood glucose of your baby will be checked and if it is too low, the baby would be kept under observation.

You should get another blood glucose check done after 6 weeks of delivery as you have high chances of getting gestational diabetes in your future deliveries and type 2 diabetes later on.

After delivery eat a healthy diet and increase your physical activity. In case you are overweight, even a small weight loss (about 5 kg) can lower your chances of getting type 2 diabetes.

