



## Gestational Diabetes

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### Condition Basics

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#### What is gestational diabetes?

Gestational diabetes is high blood sugar that is first diagnosed during pregnancy. High blood sugar can cause problems for you and your baby. With treatment and lifestyle changes, you can manage your blood sugar and have a healthy baby. Blood sugar levels often go back to normal after you give birth.

#### What causes it?

Insulin is a hormone that helps your body use and store sugar. During pregnancy, the placenta makes other hormones that make it hard for insulin to control blood sugar. Gestational diabetes develops when your body can't make enough insulin to keep blood sugar levels in a safe range.

#### What are the symptoms?

Gestational diabetes may not cause symptoms, so you need to be tested for it. You may have symptoms such as being very thirsty or having blurred vision.

#### How is it diagnosed?

The oral glucose tolerance test is used to diagnose the condition. You may get this screening test for gestational diabetes between the 24th and 28th weeks of pregnancy.

#### How is gestational diabetes treated?

Managing your blood sugar is the key to preventing problems during pregnancy, birth, and after your baby is born. You may be able to manage your blood sugar with a healthy diet and regular exercise. You may also need to take diabetes medicine or give yourself insulin shots.

# Credits

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