



### *After the baby is born*

- Diabetes usually goes away after the baby is born.
- See a health worker or doctor 6 to 8 weeks after birth for a check-up.



There is more chance you will get Type 2 diabetes later in life if you have had gestational diabetes.

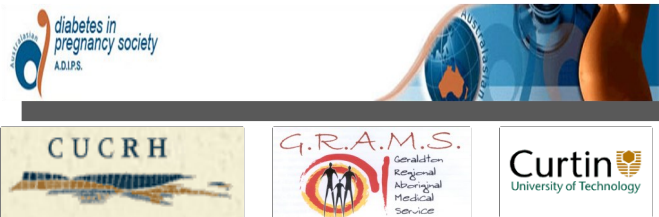
You can slow down or stop this by:

- Eating good tucker all the time
- Being active everyday
- Having a healthy body weight
- Testing your blood glucose at least every 2 years



### *Diabetes in Pregnancy*

- Gestational Diabetes can affect the health of you and your baby.
- By looking after yourself, your baby will be born strong and healthy.
- **See the Health Worker, Midwife or Dietitian at your clinic for more information.**



# Diabetes in Pregnancy

## (Gestational Diabetes)



*Look after yourself*  
*Look after your baby*

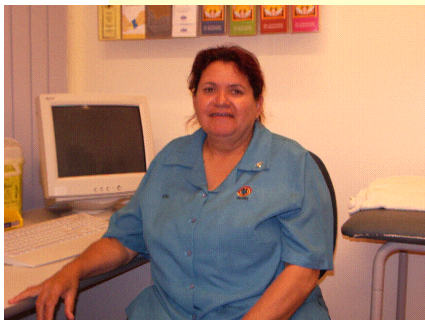


## What is Gestational Diabetes?

- Diabetes sometimes occurs in pregnancy because of changes that are happening in the mother's body as the baby grows.
- These changes can lead to too much glucose in the blood.

## How do you know if you have gestational diabetes?

- You won't know if you have it until you get a test done by the Doctor at your first visit.
- It is important to have regular check-ups.



## How does gestational diabetes affect your baby?

- Your baby won't be born with diabetes.
- It can make the baby sick at birth and could cause health problems down the track.
- The baby could also grow too big and need to be born early.



## What can you do to have a strong and healthy baby?

Look after yourself and you will look after your baby.

- Eat good tucker for meals and snacks.



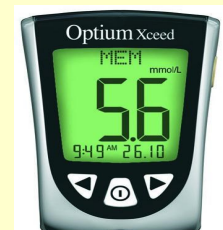
- Exercise regularly to maintain your weight as this will help control your blood glucose.



- Don't drink grog or do drugs as this can harm the baby.



- Test your blood glucose regularly at your clinic or at home if you have the equipment.



- Have regular check-ups at your clinic or with your doctor