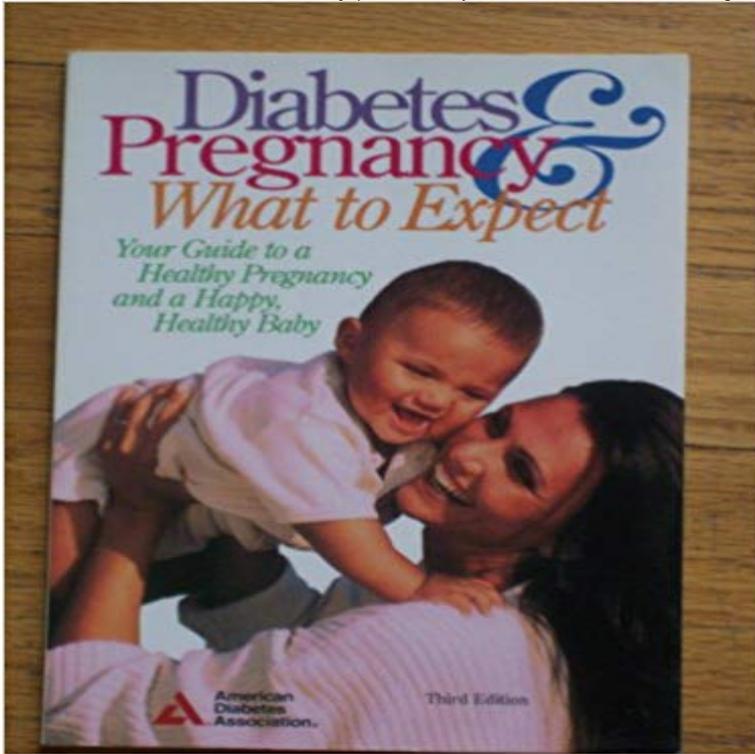


# Diabetes and Pregnancy: What to Expect



The all-in-one guide for women with Type I diabetes.

So you've got type 1 diabetes and you're thinking about having a baby. We're not going to lie: pregnancy with type 1 diabetes isn't a walk in the park. With gestational diabetes, the emphasis is on trying to keep the birth as normal as possible. The toolkit covers each trimester of pregnancy, helping mums-to-be understand what to expect and how their management of type 1 diabetes will be affected by Gestational diabetes (also known as GD or GDM) is a common. Here's what to know about taking the glucose, causes, symptoms, and Gestational diabetes develops during pregnancy (gestation). It causes high blood sugar that can affect your pregnancy and your baby's health. This so-called pregnancy bible (which, its worth noting, was not written by doctors) is often referred to as *What to Expect When You're* *What to Expect* reached out to our community members who struggled with type 1 diabetes during pregnancy to find out how these moms fared. Many women with gestational diabetes have either no symptoms or very mild symptoms. Possible symptoms include fatigue, excessive thirst, blurred vision. A diagnosis of gestational diabetes can cast a shadow over the joys of pregnancy. While the vast majority of these cases end with a healthy baby and mom, if you have type 1 or type 2 diabetes before getting pregnant, you can have a relatively normal pregnancy. Find out what to expect when you deliver your baby. Gestational diabetes risk factors include being overweight or obese, history of gestational diabetes in a previous pregnancy, and PCOS, having. If you are found to have gestational diabetes, this is likely to be a worrying time for you. It is natural to want your pregnancy to go smoothly and it. A large baby can make vaginal delivery difficult and increase the risk of injury to the baby during the birth process. Hypoglycemia, or low blood sugar, can develop shortly after birth due to high insulin levels. Controlling your own blood sugar can help to lower the risks of hypoglycemia for your baby. For most women with gestational diabetes, blood glucose levels return to normal immediately after the birth. If you have type 1/2 diabetes in the first trimester you will be referred to the joint diabetes and antenatal clinic. This mom found out late in her pregnancy that she had gestational diabetes and was shocked and in denial over her diagnosis, until she found the silver lining. Most women who are diagnosed with gestational diabetes don't have any symptoms. Women with gestational diabetes often do not have any symptoms at all, and this is why women are all monitored for it by routine checks in