

Thinking about having a baby?

Do you know that some women have a higher risk of gestational (pregnancy) diabetes?

Before you start trying for a baby:

- 1 Ask your doctor for a health check
- 2 Aim for a healthy weight
- 3 Eat well and be active every day



Looking after gestational diabetes **DURING PREGNANCY** and staying healthy **AFTER PREGNANCY** can help reduce the risk of health problems for both mother and baby.

Gestational (pregnancy) Diabetes

Gestational diabetes is a type of diabetes that occurs during pregnancy and usually goes away after the baby is born.

You may be at increased risk if you:

- Are above a healthy weight range
- Have already had a baby bigger than 4.5kg
- Have been told you have high blood glucose levels
- Have a family history of type 2 diabetes
- Are aged 40 years or older

Already Pregnant?

It is important to see your doctor or health professional **EARLY** in pregnancy for screening and to assess your pregnancy plan.

Already Have Diabetes?

Many women with type 1 or type 2 diabetes have healthy babies, but extra care needs to be taken to look after your diabetes before, during and after pregnancy.

Talk to your doctor or diabetes educator before you start trying for a baby.

Information and Support

There is information and support available to help you – talk to your doctor and local diabetes health professional ie. Midwife, Nurse.

Or visit these websites for more information:

ndss.com.au/languages
diabetesnsw.com.au
pregnancyanddiabetes.com.au

Call TIS (Translating and Interpreting Service) on **131450** and ask a translator to call the National Diabetes Services Scheme **1800 637 700**

