



Common Questions Raised by Diabetic Pregnant Women:



Will my baby have diabetes?

For you, as a woman with diabetes, there is almost no greater chance that your child will have diabetes than a child on non-diabetic woman.



Will I have a normal baby?

If your blood sugar is controlled before conception and during pregnancy, the risk is almost the same as for a non-diabetic pregnancy.

When do malformations usually occur?

Usually they occur within the first 3 months of pregnancy. That's why it's very important for you to plan your pregnancy and to have your blood sugar controlled before and during pregnancy.

Why can't I take my oral hypoglycemic agents during pregnancy?

You must stop oral hypoglycemic medications because:

- They cross the placenta and might cause problems to the fetus.
- You need to start insulin injections to control your blood glucose.



Will I experience special difficulties controlling my diabetes during pregnancy?

With education you will not face any problems; however, you will need:

- Home glucose monitoring
- Frequent insulin injections
- A proper diet and exercise
- Frequent follow-up with your health care giver
- Frequent glucose monitoring at home and laboratory

By following all of the above guidelines, you will maintain good control and have a safe pregnancy.

Why do I need more insulin during pregnancy?

The placenta produces some hormones which counteract the function of insulin. If you started on insulin during your pregnancy, frequent blood tests should be performed and insulin dose will be adjusted accordingly.

Will I have a normal delivery?

If your diabetes is well controlled, there is a good chance for a normal delivery; however, the chance of cesarean section is higher in diabetic patients.

May I breast feed?

Yes, just as a non diabetic women, but oral hypoglycemic agents are not recommended while breast feeding.



What about late complications of diabetes?

A recent study proved that with good control there are fewer complications. However, if you have retinopathy it should be treated before pregnancy. If you have any eye problems, consult your doctor before pregnancy. Patients who are diabetic prior to pregnancy need an eye examination each trimester (approximately every 3 months)

What is the problem with big babies?

Any baby 4 kg and above is considered big. Big babies may cause problems during delivery.



What happens after pregnancy?

- ✚ Check your blood sugar frequently
- ✚ Take your medication or insulin as prescribed by your doctor
- ✚ Consult your dietitian
- ✚ Start exercising (as recommended by your doctor)
- ✚ Keep your doctor's appointment

What is the target control for diabetes during pregnancy?

The fasting blood sugar level should be 100mg/dl. The 2 hour post meal blood sugar level should be less than 120mg/dl and the A1C level should be less than 6%.

Why do I have to have blood tests fasting and 2 hour post meal in your lab?

The fasting blood sugar indicates the degree of control maintained overnight, the two hour test indicate how your body utilizes insulin after eating. It is recommended that all diabetic pregnant women perform 4-6 blood tests daily at home.

Why do I need to do fetal heart monitoring at 23 weeks and then twice a week after that?

Babies of diabetic mothers have a higher incidence of fetal mortality; therefore, careful monitoring is indicated.

Does low blood sugar affect my baby during pregnancy?

Yes, low blood sugar might affect the fetus. Therefore you should have 3 regular meals and 3 snacks daily as prescribed by your dietitian. This should be combined with frequent glucose monitoring to track the level of blood sugar.

You should keep hard candy or orange juice with you all times in case you feel the symptoms of low blood sugar (which include excessive sweating, dizziness, hunger or sudden tiredness). Treat these symptoms quickly with the candy or juice and follow this with a sandwich or milk. If the symptoms are not relieved in 15 minutes, repeat the treatment.

If you are unable to take food by mouth, seek medical assistance immediately.

Prevention of low blood sugar (blood sugar level below 60 mg/dl) is equally as important as prevention of high blood sugar.