

Gestational Diabetes (GDM)

Gestational diabetes (GDM) is a problem with the way your body uses sugar while you are pregnant. It can cause other problems like high blood pressure. Your baby may also be bigger than average.

Most often, your diabetes will go away after your baby is born. You will usually need to stop your diabetes medicine right after your delivery. It is important to confirm this with your healthcare team. Your doctor will send you for a follow-up diabetes test in 2 to 3 months after your delivery.

We will need to watch you and your baby closely after your delivery. You can expect these things:

- Often stay in hospital for at least 12 hours
- Blood sugar checks for you and your baby
- Lots of heart rate, temperature, and breathing checks for your baby
- Making sure the baby is feeding well

Did you know? Women with GDM who breastfeed for at least 4 months may lower the risk of their baby having low blood sugar, gaining too much weight later on in life, and getting diabetes. It can also lower the risk of you getting diabetes and high blood pressure in the future.

Questions from Parents:

Q: If my baby gets low blood sugar, how would you treat it?

A: We would give your baby breastmilk or formula. Your healthcare team may also decide to give a dextrose medication.

If you do not have enough breastmilk yet, formula and donor breastmilk are both feeding options. Ask your nurse about donor breastmilk.

Q: What if my baby is not feeding well? What happens if my baby loses too much weight?

A: Feeding your baby can be hard! It often gets better with practice and time. Ask your nurse to help you. If your nurse thinks you need even more help, we will have a lactation consultant come see you after your baby is 24 hours old. There are many ways to feed your baby. If you are interested in donor breastmilk, please speak with your nurse.

Q: What happens if my baby or I are having problems?

A: We may decide to keep you in hospital for a bit longer to make sure you and your baby are healthy before you go home.