



Diabetes During Pregnancy

What is diabetes?

All parts of your body need energy to work and keep you healthy. This energy comes from the sugars in the food you eat. Your bloodstream carries these sugars throughout your body and is stored in organs like your brain, heart, liver, or muscles for when you need them.

Diabetes is caused when your body can't store its sugar. Your body makes a hormone called "insulin." Insulin helps move sugar from your bloodstream to your muscles. If insulin is not being made - or your body can't use what is being made - the sugar stays in your bloodstream.

Diabetes can affect anyone - children, men, and even expectant moms.

Gestational diabetes and how it affects babies

You can develop high blood sugar levels during your pregnancy even if you have never had diabetes before. This is called "gestational diabetes".

Since your body gives nutrients to your baby as it grows in your body, your baby also gets extra sugar that is staying in your bloodstream. The extra sugar is stored in your baby as fat.

You could be at risk for developing gestational diabetes if you:

- Are overweight
- Have a parent or sibling with diabetes
- Have had gestational diabetes before
- Already had a baby weighing more than 9 pounds

Risks to mother and baby

- You could have a very large baby that is difficult to deliver
- Your baby could be injured during birth
- You may need a C-section delivery
- Your baby could be born preterm or be stillborn
- Your baby could have low blood sugar after birth
- You and your baby could have increased risk to develop type 2 diabetes later in life

How is gestational diabetes treated?

You always want to keep your blood sugar levels at a normal level. So talk with your doctor at your prenatal checkups about things like blood sugar levels, meal plans, and exercise. Your doctor may also order tests that check for gestational diabetes like a glucose tolerance test. This test can take anywhere from 1-3 hours depending on what your doctor thinks is right for you. It's very important to finish the whole test before leaving your appointment.

It is very important for you and your baby to stay healthy. Be sure to keep all your planned appointments during and after pregnancy.

- Schedule a prenatal visit as soon as you find out you are pregnant
- Postpartum visits can be scheduled as soon as 7 days after you have your baby
- Call Aetna Better Health to help make appointments
 - Case Management - 1-855-346-9828
 - Member Services - 1-866-638-1232 (PA Relay 711)

Questions?

Whether you're planning to have a baby or are already pregnant, the best thing you can do is take care of yourself. We can help you during your pregnancy. If you have questions or would like to join our maternity care program, call us at **1-855-346-9828** (PA Relay **711**).

If you would like continued support throughout your pregnancy you can also enroll in the Bright Expectation Maternity Program and our perinatal staff will offer you ongoing support, education, resources if needed and appointment reminders during and after your pregnancy.



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ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-385-4104 (PA Relay: 711).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-385-4104 (PA Relay: 711).