



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Pregnancy Diabetes



What is gestational diabetes?

It is any change in blood sugar level. It is diagnosed for the first time during pregnancy, whether or not it continues after birth.

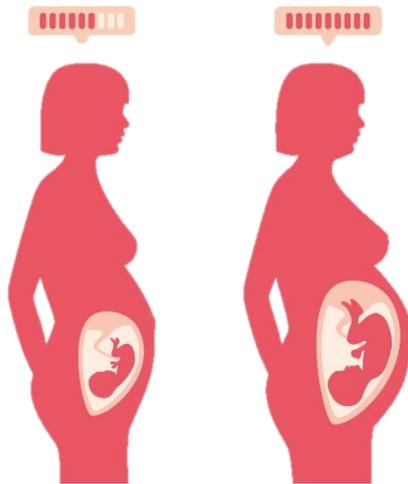
It occurs when the hormones of the placenta prevent the body from using insulin effectively. As a result, the sugar remains in the blood instead of being absorbed by the cells.



When does gestational diabetes occur?

Gestational diabetes occurs most often in the second or third trimester of pregnancy, and therefore blood sugar levels must be examined in all pregnant women at [week 24-28](#) of pregnancy. If there are factors that help the emergence of the disease, then more specific analysis is performed in the first months of pregnancy.

Gestational diabetes often disappears soon after birth.



What are the risk factors of gestational diabetes?

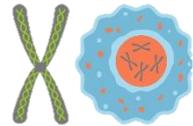
1. The presence of first-degree relatives who have diabetes.



2. Previous birth of large baby (4 kg).



3. The birth of a stillborn baby or a baby with a genetic defect or congenital malformation, or who has experienced recurrent miscarriage.



4. Recurrent pregnancy.



5. Having Gestational diabetes in a previous pregnancy.



6. The age of the pregnant woman.



7. Obesity as a result of pregnancy or before pregnancy.



How to diagnose gestational diabetes?

- Perform glucose tolerance test in the second trimester of pregnancy by drinking a glucose solution and taking samples every hour for 3 hours.
- Blood sugar test.
- Examination of urine glucose level and urine culture.
- HbA1C Test which is the amount of blood sugar attached to hemoglobin.



What are the symptoms of gestational diabetes?

frequent
urination



weight loss

Extreme thirst



Fatigue

What are the complications of diabetes for a pregnant woman?

- Preeclampsia pregnancy (high blood pressure).



- The increase in the volume of amniotic fluid, which leads to water breaking and premature labor.



- Caesarean section.



- Exposure to vaginal yeast infections.



What are the complications of diabetes for the fetus?

- Increases early miscarriages if the glucose level was not controlled.
- Some birth defects.
- Increase in the size of the fetus.
- Premature birth.
- The death of the fetus before birth, which leads to miscarriage.
- The infant experiences hypoglycemia in the first days after birth.
- Breathing problems.
- Increases the level of bilirubin in the blood of the infant (jaundice).



What are the methods of prevention and treatment of gestational diabetes?

❖ Inform the doctor if you had gestational diabetes in a previous pregnancy.



❖ Learn the basic principles of treatment by self-reliance.



❖ Ask for the help of health education specialists to learn how to inject insulin and measure blood sugar.



❖ Maintain blood sugar level by keeping it 95 mg / dl in the case of fasting and 120 mg / dl in the case of not fasting, by conducting a home self-examination of the level of blood sugar and it is preferable to perform it daily fasting and after meals.

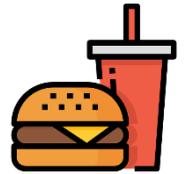


What are the methods of prevention and treatment of gestational diabetes?

❖ Balancing food and sports according to the treatment requirements. The meals are divided into three main meals, with three snacks in-between.



❖ Avoiding foods and drinks that contain high amounts of sugar and reduce the amount of fat in the food.



❖ Doing **annual** blood sugar test and checking blood sugar levels **two months** after birth, and then at least **once a year** for women with gestational diabetes.



❖ It is advisable to breast-feed the baby.



❖ Seeing a doctor immediately when signs of high blood sugar appear.



❖ Seeking to regulate sugar before future pregnancy.

Sources and references:

ADA ,American Diabetes Association

Review and audit:

The content of this booklet has been reviewed by
consultants of the Diabetes Unit at King Fahd University
Hospital.

Health Awareness Unit

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