

Did you have gestational diabetes when you were pregnant?

November is National Diabetes Month. If you developed diabetes when you were pregnant (called gestational diabetes), you have a greater chance of getting diabetes later in life. Your child may also have a greater chance of being obese and developing type 2 diabetes.

If you've had gestational diabetes—

1



Understand your risk.

An estimated half of all women who had gestational diabetes will go on to develop type 2 diabetes later in life.

2



Find out if you have type 2 diabetes.

Get tested within 12 weeks after your baby is born. If the test is normal, get tested every 3 years.

3



Tell your child's doctor you had gestational diabetes.

Your child's doctor may monitor their growth charts more closely.

4



Take charge of your health.

Make healthy food choices and stay active as a family to prevent or delay type 2 diabetes.

Visit www.niddk.nih.gov to learn more about diabetes, including gestational diabetes.