

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:
(888) 275-8750

Español:
(866) 648-3537

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711

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Gestational Diabetes

Complications of Pregnancy

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What is gestational diabetes?

Gestational diabetes is when you develop high blood sugar during pregnancy. This often occurs around the 24th week of pregnancy.

Gestational diabetes will most likely go away after your baby is born.

How do you know if you have gestational diabetes?

- **Urine test** - A simple urine test may show a high sugar level. Your provider may suggest a glucose screening test.
- **Glucose screening test** - This test is done between 24 and 28 weeks of pregnancy. Your provider will give you a sugary drink and then test your blood sugar. If your blood sugar level is high, your body is not processing sugar well. Your provider will ask you to return for a glucose tolerance test.
- **Glucose tolerance test** - This three-hour test will confirm if you have gestational diabetes.

What are the causes and symptoms?

There are no causes or symptoms of gestational diabetes.

What are the risk factors?

- You are over 25 years old.
- You have a family history of type 2 diabetes.
- You have a personal history of prediabetes.
- You had gestational diabetes during a past pregnancy.
- You had a past pregnancy and your baby weighed more than 9 pounds.
- You are overweight.
- You are African American, Hispanic, American Indian or Asian.

Follow your provider's advice for managing your blood sugar level. This will help make sure you and your baby stay healthy.