

# Are you Pregnant, or do you know someone who is?

All pregnant women should have their blood sugar tested between 24-28 weeks.

High blood sugar levels in pregnancy can be harmful for both mother and baby.

## Risks to Baby

- Jaundice or breathing problems
- Increased risk of diabetes
- Increased risk of overweight/obesity later in life
- Low blood sugars at birth

## Risks to Mother

- Large baby and difficult birth
- Increased risk of diabetes
- Increased risk of obesity later in life
- Increased risk of C-section

Ask your doctor, midwife or healthcare professional about having your blood sugar checked.

High Blood Sugars can be managed.

## Protect Yourself and your Baby

Call Diabetes Central Intake  
519-653-1470 ext 372  
to get connected.

For more information go to:

[www.waterloowellingtondiabetes.ca/Public-Pregnancy-and-Diabetes](http://www.waterloowellingtondiabetes.ca/Public-Pregnancy-and-Diabetes)

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