

Gestational Diabetes Guide

Key points after a high glucose result in pregnancy

Why it matters

Gestational diabetes increases the chance of large-for-gestational-age baby, birth complications, neonatal low glucose and future diabetes risk. Good glucose control lowers many of these risks.

Core management

- Follow the glucose-monitoring schedule given by the obstetric/medical team.
- Use an individualized meal plan and safe pregnancy activity.
- Take insulin or other treatment only as prescribed.
- Attend growth and obstetric monitoring as advised.
- Arrange postpartum glucose testing because future type 2 diabetes risk remains increased.

Persistent vomiting, very high glucose with illness, reduced fetal movements, bleeding or other pregnancy danger signs need urgent review.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.