



*Taking  
your health  
in your hands.*

**DIABETES WITH PREGNANCY**  
(called gestational diabetes),  
increases your risk of  
**DEVELOPING TYPE 2 DIABETES.**

It is very important to diagnose and manage type 2 diabetes. Early diagnosis and proper management will help you:

- **Have healthy future pregnancies.**  
Undiagnosed diabetes in a pregnant woman increases the risk of miscarrying or having a baby born with a birth defect.
- **Stay healthy and avoid diabetes complications** such as heart attack, stroke and damage to your eyes, kidneys and nerves.

**Now that your pregnancy is over, you need to be tested (screened) for type 2 diabetes:**

- **SIX WEEKS TO SIX MONTHS** after giving birth (with a *glucose tolerance test*).
- When you are planning another pregnancy.
- **EVERY THREE YEARS**  
(or more often depending on risk factors)

## YOUR GLUCOSE TOLERANCE TEST:

- Ask your health care provider to arrange your test. Your test may be booked by your diabetes educator, obstetrician, family doctor or nurse practitioner. You can contact the Provincial Diabetes Program in Charlottetown at **(902)368-4959**, or Summerside, at **(902)432-2600** to assist you.
- Have nothing to eat or drink (except water) for eight hours before the test. After the lab takes a blood sample, you will be given a sugary drink. Two hours later, you will have another blood test. You will not be allowed any food or additional drink (except water) until the completion of this second blood test. You will be asked to remain seated in the lab waiting room for the two hours between blood tests, so plan ahead.
- After having your glucose tolerance test, arrange an appointment to discuss the results with your healthcare provider.

For more information on type 2 diabetes and your risk factors, please visit the Diabetes Canada website at **[www.diabetes.ca](http://www.diabetes.ca)**

*Adapted from Diabetes Canada: "As you take your baby in your arms, take your health in your hands", 2010*