

Mayo Clinic - Definition of gestational diabetes

Gestational diabetes causes high blood sugar that can affect your pregnancy and your baby's health.

Gestational diabetes develops during pregnancy (gestation). Like other types of diabetes, gestational diabetes affects how your cells use sugar (glucose) – your body's main fuel. Gestational diabetes causes high blood sugar that can affect your pregnancy and your baby's health.

Any pregnancy complication is concerning, but there's good news. Expectant moms can help control gestational diabetes by eating healthy foods, exercising and, if necessary, using medication. Taking good care of yourself can ensure a healthy pregnancy for you and a healthy start for your baby.

In gestational diabetes, blood sugar usually returns to normal soon after delivery. But if you've had gestational diabetes, you're at risk for future type 2 diabetes. You'll continue working with your health care team to monitor and manage your blood sugar.