

Diabetes & Pregnancy



It's not just about
avoiding sweets!

YOU have questions about
the effects of diabetes and
medications in pregnancy.

WE have answers.



MotherToBaby
CALIFORNIA

Medications & More During Pregnancy & Breastfeeding
Ask The Experts

Call • Chat • Email

(866) 626-6847 Hablamos Español

www.MotherToBabyCA.org

Monday – Friday • 9:00am – 5:00pm PST
Closed on major holidays

In pregnancy, diabetes that is not well-controlled can cause several problems, including:

- **High blood pressure (preeclampsia);**
- **Premature birth;**
- **Birth defects;**
- **Having a large baby weighing more than 9 pounds;**
- **Miscarriage and stillbirth.**

Give Your Baby the Best Start in Life by:

- Taking control of your blood sugar level
- Meeting with a Certified Diabetic Educator
- Learning what and how much to eat
- Exercising regularly
- **Contacting a MotherToBaby specialist about your medications**

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**OUR SERVICE IS FREE
AND CONFIDENTIAL.**



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MotherToBaby California, an affiliate of the Organization of Teratology Information Specialists (OTIS), is dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding.