

2ND TRIMESTER TIDBITS

Useful Tips and Information for the Middle stages of Your Pregnancy

Testing

Gestational Diabetes 24-28 weeks

For a variety of reasons, some women will develop diabetes (GDM) for the duration of their pregnancy. It often disappears after birth. If it is not picked up and well managed, chronically high blood sugars in the mother can cause the baby to grow very large. These babies are more difficult to give birth to and may need assisted delivery (Vacuum, Forceps, or Caesarean section). They may also be unable to stabilise their own blood sugars after birth and be at risk of hypoglycaemia and poor feeding.

A blood test can either **screen** you as high or low risk for GDM or **diagnose** you with it or not. The screen involves going to a lab, having a blood sugar test done prior to drinking a glucose drink and then an hour later a second blood sugar test. If your sugars are high, you are at increased risk and will be advised to have the further diagnostic test. This is a fasting test (fast from midnight and go to the lab first thing in the morning). Blood is taken 3 times over 2 hours to see if your body has broken down the sugar normally. **You can also choose this test initially instead of the screen.**

Prenatal Classes

We highly recommend classes to help improve your and your partner's understanding of the process of childbirth, the choices you have, emotional aspects and breast feeding. They are also a wonderful way to meet other parents to be! Offered in both weekend and 7 week 'course' formats. Start anytime between 25 and 35 weeks.

'Birthing from Within' - Dancing Star

604 254 1100 dancingstarbirth.ca

Lower Mainland Childbearing Society

604 878 1031 childbearing.com



Doulas for one to one labour support:

ask Penny for a list of our recommendations.

Home Birth:

It's never too late to plan a home birth. Collect a free kit and extra supplies list from Penny at 36 weeks and let the Midwives take care of the rest including all the necessary medical equipment, a second backup Midwife, post birth tidy up and hospital transfer IF required.

