



# Early Screening for Diabetes and GDM When Pregnant

## Protect Your and Your Baby's Health

If you're pregnant and at high risk, talk to your health care provider about getting screened for gestational diabetes (GDM) between 24–28 weeks of your pregnancy.

Early detection can make a significant difference in the health of you and your baby. Discuss your risk factors and early screening options with your health care provider.

### Why early screening matters:

- You can get a jump start on managing your blood glucose (blood sugar) levels effectively
- It reduces the risk of complications for you and your baby
- You'll feel better knowing you're doing everything you can to protect yourself and your baby

The American Diabetes Association® (ADA) offers tools and resources to help you better understand GDM, as well as guidance and management tools to support you.

Visit [diabetes.org/GDM](https://diabetes.org/GDM) to explore ADA resources.

