American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines

Prioritize Your Health Before and Early in Pregnancy

If you are at risk of developing gestational diabetes (GDM), there are steps you can take before and early in pregnancy to help keep you and your baby healthy.



Know Your Risk Early

- Ask for a blood glucose (blood sugar) to be tested for diabetes before pregnancy and in early pregnancy
- Talk to your health care team about your eating habits, physical activity, and weight



Get Care That Fits You

- Ask for an interpreter if you prefer a language other than English
- Share the foods you enjoy so your eating plan includes the food you want to eat



Speak Up About Your Needs

- Tell your health care team if getting to your appointments is hard
- Ask for help with childcare, transportation, or finding healthy food if you need it



Stay Connected to Your Health Care Team

- Make sure your health care team is sharing your health information with each other
- Know how to reach your health care team if you have concerns



Use Available Resources

- Ask if you can attend telehealth visits or go to mobile clinics if you need them
- Find out if you qualify for free or low-cost supplies for checking your blood glucose (blood sugar) at home

Your Health, Your Voice

You deserve care that works for your life. Let your health care team know what matters most to you, so you can make a treatment plan together.



This infographic is based on recommendations from the ADA's Standards of Care in Diabetes—2025

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

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