



Control your blood sugar levels before you become pregnant.

People with type 1 or type 2 diabetes are at greater risk for having pregnancy complications.

High blood sugar levels during pregnancy can lead to:

- Miscarriage
- Stillbirth
- Large, overweight babies
- Delivery complications
- Pregnancy-related high blood pressure
- Health problems for baby
- Birth defects

Controlling your blood sugar levels, increases the chance of having a healthy pregnancy.

Have questions? Let's talk.

Contact us at:

Call

800-822-2229
801-328-2229

Chat

mothertobaby.utah.gov

Text

855-999-3525

Email

expertinfo@mothertobaby.org



MotherToBaby
UTAH



Utah Department of
Health & Human Services
Health Access