

Sismoqniaq nmal'tem aqq kis-we'jitates tajike'k mijua'ji'j!

**Eskmaqtmamk
kekinua'tawn wjit
wskijinu'kw ta'n
Type 1 kisna Type 2
sismoqniemkewey
matnkwi'tij**

Also available in English: WK85-2301
*I Have Diabetes and I Can Have a
Healthy Baby! Pregnancy Information for
Individuals with Type 1 or Type 2 Diabetes*



Sismoqniaq nmal'tem aqq kis-we'jitates tajike'k mijua'ji'j!

**Sismoqniaq nmal'tem. Kis-we'jitates
tajike'k mijua'ji'j.**

E'e. Menaqaj maliaptmn ksismoqnm ke'sk
mu poqtikitmawun, apoqnmultew tajikeyin
eskmaqtman aqq tajikeyin mijua'ji'j we'jitan.

Katu' ki's eskmaqtmayan?

Kulaman ma' kitnmeyuluk sismoqniaq kmal'tem
amujpa jiko'tmn teli-epsitkwetek sismoqn
kmal'temk. **Tlewistu'tik ankmayiw ta'n
wenik maliamiskik wjit ta'n teli-sismoqniaq
klmal'tem.**

**Kis-tala'tekek kulaman tajike'tesnen ni'n
aqq nijan ke'sk eskmaqtmay?**

- **Ke'sk mu poqtikitmawun, tlewistu'tik ta'n
wenik maliamiskik wjit ta'n teli-sismoqniaq
klmal'tem. Kinua'tultaq ta'n tl-maliamsitisk
aqq elmiaq nuta'q kiskaja'taq tel-nmi'j
keknuo'ltijik maliamulnininew. Kelu'k
kksismoqnm ke'sk mu poqtikitmawun
apoqnmultew mu mtua'lulin koqoey ta'n tujiw
eskmaqtman.**

- Wjinu'kwalsi wltektn kmal'tem na'tamiaw tapusijik kisna ne'sijik tepknusetk ke'sk mu poqtikitmawun kulaman tajike'tesk. Ta'n wenik maliamiskik apoqnmultaq tel-maliamsin.

Wenik Maliamijik?

- **Ki'l.** Ki'l maw-keknueyin tel-maliamsimk.
- Nepiteket (malpale'wit kisna nujinpiteket.)
- Eskmaqtmamkewey malpale'wit (nekm na malpale'wit nujoywaji eskmaqtma'tijik aqq we'jita'tijik e'pijik).
- Keknui-kijiteket maliamaji wenik sismoqniaq wmal'temuew
- Nujinpiteket nujoywaji wenik sismoqniaq wmal'temuew
- Tetpaqatalumk nujo'tk aqq weli-kijijitoq wjit sismoqniaq mal'tew aqq eskmaqtmamk
- Pilue'k maliamuejik (nkutey ewe'kiska'luet, nuji-apoqnmuet, nujinpiluet maliamaji eskmaqtma'tiliji, aqq me' pilue'k ta'n tel-nuta'tij)
- Ktutem kisna na'tuen apoqnmask

**Tawiju etek sismoqn kmal'temk
tluenes weltek ketu' skmaqtmamk?**

☐ **A1C Eliaq:**

- › 7% kisna aji-ejintek (6.5% kisna
aji-ejintek maw-klu'k)

☐ **Tawiju ksismoqnm etek ke'sk mna'q
mijisiwun:**

- › maw-klu'k aji-ejintek jel mu 5.3 mmol/L

☐ **Tawiju ksismoqnm etek ne'wt ajiet
pemiasq tujiw kisatalnek:**

- › maw-klu'k aji-ejintek jel mu 7.8 mmol/L

☐ **Tawiju ksismoqnm etek ta'pu ajiet
pemiasq tujiw kisatalnek:**

- › maw-klu'k aji-ejintek jel mu 6.7 mmol/L

Metue'k weji-tepteskmumk ula. Ta'n wenik
maliamiskik apoqnmultaq tepteskmn.

Tal-kiskaja'lsites skmaqtman?

- Menaqaj maliapte'n ta'n tewiju ksismoqnm etek. Wji-tepteske'n ta'n teltek kelu'k wen wsismoqnm tektn.
- Wjinu'kwalsi mu awsami-nisian (ta'n amujpa maliaptasik) sismoqn kmal'temk (hypoglycemia).
- Jiko'te'n tewuttek sismoqn kmal'temk ke'sk mna'q mijisiwun aqq kisataln.
- Etuk jel nuta'tew sa'se'wa'tun npisun wesua'tu'n wjit tel-sismoqniaq kmal'tem:
 - › Sa'qatia'lsin, mukk puni-wsua'tu. Elmiaq nuta'q ajelk wsua'tun kisna aji-tkle'jk, kisna aja'tun ta'n tujiw wesua'tu'n kulaman wltetew.
 - › Piluey npisun wsua'tu'n wjit tel-sismoqniaq kmal'tem, kmalpale'witm ankaptitew klu'ktn wesua'tumk ta'n tujiw eskmaqtmamk. Etuk jel sa'se'wa'taq wjit sa'qatia'lsimk kisna metformin.
- Wsua'tu'n npisun wjit wenaqtek kmal'tem kisna wenaqtek cholesterol, kinua'tu malpale'wit. Mu msit npisun kelu'ktnuk wesua'tumk eskmaqtmamk.
- Mna'q ankaptasinuk kpukikl ewe'wmumk mpisun ika'tumk kpukik, naji-ankam malpale'wit ankaptikl wenl wpukikl.

- Wjinu'kwalsi kaqi-ku'knmu'n sa'qatia'ltimkl wjit pessekatimkl ksnukwaqnn.
- Ne'kaw na'tal-lukwe. Ta'n tel-kisi-pkwatu'n allika' kisna ewe'kiska'lsi. Apoqntitew nisa'tun sismoqn kmal'temk kisataln.
- Pmukwate'n kis-kinua'tuksin ta'n koqoey kis-malquttesk aqq milamu'k tajikamu'k mijipjewey malqute'n. Tlewistuk tetpaqatalumk nujo'tk.
- Wsua'te'n vitamin wiaqtek 1mg. folic acid. Pqoji-wsuo'te'n ne'siji tepknusetk ke'sk mu pun-we'wmu'n enqa'toq eskmaqtmamk. Apoqnmakutew knijan mu kitnman.
- Wjinu'kwate'n mu awsam-sespeta'sin.
- Mukk wtmaw, we'waw vape, newtumqwanen, mukk we'wmu msiku kisna kepaqsi-wsuo'tu npisun mu weja'tuawj malpale'wit.
- Etuk jel wla'lultew tlewistu'tinew wen sismoqniaq wlmal'tem aqq ki's eskmaqtmass.
- Apoqnmultew ta'n wen maliamisk wjit ta'n teli-sismoqniaq klmal'tem we'jian ta'n wen kisi-tlewistutoqsip.

Katu Mu ktu'-skmaqtmawan pe'?

- We'we'n wel-lukwek koqoey kulaman ma'skmaqtmawun mi'soqo kisata'sin ketu'skmaqtmawun.
- Tlewistuk kmalpale'witm wjit koqoey tetpaqa'q wjit ki'l.

Koqoey kisi-amseleyakus nijan?

- Mu tepteskmun ta'n elkitman.
Awsami-nqasi-weskwijinit knijan aji-nqamasiaq amsela'sin ta'n tele'k aqq nuta'tew aji-pkitqatmn hospitalk.
- Jiptuk atkiltew knijan jel mu pilue'k.
Mtua'lultew tel-we'jitan.
- Jiptuk knijan:
 - › Kitnmatew tel-lamit mita menaqnalita wpnk
 - › Watapta'simk wsko'tew
 - › Awsami-nisiatew sismoqn wmal'temk aqq nuta'tew maliaptasiktn

- Aji-nqamasietew knijan na'tala'teektn wtinin (amsela'siktn wpaqm, waqnteml kiswa wkamlamun). Kisi-apoqntitesk mu tlitpian menaqaj maliaptnm ksismoqnm ke'sk mu poqtikitmawun aqq atel eskmaqman.

Me' koqoey ktu' kijitu'n, naji-ankam kmalpale'witm kiswa wejuow etek etl maliamujik wenik sismoqniaq wmal'temuew.
 › www.nshealth.ca/diabetes-locations

Koqoey kisi-amseleywis ni'n?

- Kisi-wsualultew hypoglycemia (awsami-nisiaq sismoqn kmal'temk), kiswa hyperglycemia (awsami-epsitkwa'sik sismoqn kmal'temk).
- Ksnukwaqnn wejiaql sismoqniaq kmal'tem (kpukikl, kpukluank, ta'n teltaqne'wasin, aqq kamlamunipnemk) aji-wasewital.
- Aji-ketlewe'k pansuksin elmiaq aji-we'jitan (C-section).

Koqoey kiskatkuik elmiaq skmaqtmayan?

- Aji-kaqi'sk lietes malpale'wit jikeyulin aqq aji-soqi-lietes ultrasound jel mu wen piluey ta'n mu sismoqnianuk wmal'tem. Kulaman ketloqo ki'l wele'tes aqq knijan wli-kwetew.
- Ta'n pem-maliyamiskik wjit tel-sismoqniaq kmal'tem iluttaq kijka' aji-nqasi-we'jitan.
- Mita aji-mtue'k eskmaqtmata wen sismoqniaq wmal'tem, nuta'tesk apoqnmulinew pem-maliyamiskik wjit tel-sismoqniaq kmal'tem. Apoqnmuet tel-we'jitamk kisna na'tuen ta'n tekweyask aqq apoqnmask pem-wejitan.

Kisi-nuseskwalates nijan?

E'e. Jiptuk aji-pkija'lultew eli't mlakej kisna aji-tkle'jitew.

- Piamteskmn 37 ekntie'wimkl, pewaluksitesk paskijo'lsin kulaman tuaqa'sitew colostrum (mawi-amskwesewy mlakej eli't ta'n tujiw eskmaqtmata aqq atel kis-we'jitan). Etuk jel wula'sitew na tla'teken elmiaq aji-pkije'k ke'sk mu poqjiawt mlakej.
- Pipanim pem-maliyamiskik wjit tel-sismoqniaq kmal'tem wjit apoqnmasuti etek wen nuseskwej, kisna me' koqoey ktu'-kijitu'n.

Wi'katikn ji'j:

[illegible]

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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