

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 matnkwit'ij

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>

Prepared by: The Diabetes Care Program of Nova Scotia
Designed and Managed by: Library Services

M185-2466 © November 2025 Nova Scotia Health Authority
To be reviewed November 2028 or sooner, if needed.
Learn more: <https://library.nshealth.ca/patient-education-resources>

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*

[illegible]

Koqoey kiskatkuik elmiaq skmaqtmayan?

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

Kisi-nuseskwalates nijan?

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

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

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 poqtkitmawun, apoqnmultew tajikeyin eskmaqtmawen aqq tajikeyin mijua'ji'j we'jitan.

Katu' ki's eskmaqtmayan?

Kulaman ma' kitnmeyuluk sismoqniaq kmal'tem amujpa jiko'tmn teli-epsitkwetek sismoqni kmal'temk. Tlewistu'tik ankmayiw ta'n wenik maliyamiskik wijit ta'n teli-sismoqniaq kmal'tem.

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

- Ke'sk mu poqtkitmawun, tlewistu'tik ta'n wenik maliyamiskik wijit ta'n teli-sismoqniaq kmal'tem. Kinua'tulataq ta'n tl-maliamsitisk aqq elmiaq nuta'q kiskaja'taq tel-nmi'j keknuo'ltijik maliamulinew. Keku'k kksismoqnm ke'sk mu poqtkitmawun apoqnmultew mu mtua'lulin koqoey ta'n tujiw eskmaqtmawen.

- Wjinu'kwalsi wltektn kmal'tem na'tamiaw tapusijik kiswa 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 kiswa nujinpiteket.)
- Eskmaqtamkewey malpale'wit (nekm na malpale'wit nujoywaji eskmaqtma'tijik aqq we'jita'tijik e'pjjik).
- Keknui-kijjiteket maliamaji wenik sismoqniaq wmal'temuew
- Nujinpiteket nujoywaji wenik sismoqniaq wmal'temuew
- Tetpaqatalumk nujo'tk aqq weli-kijjitoq wjit sismoqniaq mal'tew aqq eskmaqtmamk
- Pilue'k maliamuejik (nkutey ewe'kiska'lue't, nuji-apoqnmuet, nujinpiluet maliamaji eskmaqtma'tiliji, aqq me' pilue'k ta'n tel-nuta'tij)
- Ktutem kiswa na'tuen apoqnmask

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

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

Koqey 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).

Katu Mu ktu'-skmaqtmawan pe'?

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

Koqoey kisi-amseleyakus nijan?

- Mu teptesku'n ta'n elkitman.
Awsami-nqasi-weskwijinuit 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 menaqqalita wpnk
 - › Watapta'simk wsko'tew
 - › Awsami-nisiatetew sismoqn wmal'temk aqq nuta'tew maliaptasiktn

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

- ☐ A1C Eliaq:
 - › 7% kiswa aji-ejintek (6.5% kiswa aji-ejintek maw-klu'k)
 - ☐ Tawiju ksismoqn etek ke'sk mna'q mijisiwun:
 - › maw-klu'k aji-ejintek jel mu 5.3 mmol/L
 - ☐ Tawiju ksismoqn etek ne'wt ajiet pemiaq tujiw kisatalnek:
 - › maw-klu'k aji-ejintek jel mu 7.8 mmol/L
 - ☐ Tawiju ksismoqn etek ta'pu ajiet pemiaq 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 kiswa aji-tkle'jk, kiswa 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 kiswa metformin.
- Wsua'tu'n npisun wjit wenaqtek kmal'tem kiswa 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' kiswa 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 kiswa kepaqsi-wsuo'tu npisun mu weja'tuawj malpale'wit.
- Etuk jel wla'lultew tlewistu'tinew wen sismoqniaq wlmal'tem aqq ki's eskmaqtmam.
- Apoqnmultew ta'n wen maliamisk wjit ta'n teli-sismoqniaq klmal'tem we'jian ta'n wen kisi-tlewistutoqsip.