



So Now I Have Gestational Diabetes

Now that you have been diagnosed with gestational diabetes, it is time to determine how it is best managed. There are a couple of steps that we need you to go through:

1. Schedule a visit with a Diabetic Educator:

Meridian patients – Humphrey’s Diabetic Center

Caldwell patients – Greta van Dyke @ West Valley Medical Center

- a. The Diabetic Educator will review your diet and suggest changes that will help keep your blood sugar balanced. Typically this includes three meals a day and 2-3 snacks.
 - b. You will also learn how to test your blood sugar. This will tell us if your sugars remain in the normal range with dietary changes or if medication will be required to keep your sugars normal.
2. Initially, you will need to check your blood sugar four times a day for 3-7 days. You will check a fasting (before breakfast) sugar and two hours after every meal (post-prandial). Ideally, your fasting blood should be between 50 and 95, and your after meal sugars should be between 80 and 120.
 3. You will need to review these sugars with your physician so that it can be determined if medication is required.

Normal Range Sugars

If your sugars remain in the normal range you will only need to check your sugars 2-3 days per week. Please check a fasting sugar two times per week and rotate your other after meal sugars so that your physician is able to evaluate all meals. For instance:

- § Monday: fasting and 2 hours after breakfast
- § Wednesday: 2 hours after lunch
- § Saturday: fasting and 2 hours after dinner