

# Gestational Diabetes: Your Daily Guide

Maternal & Newborn · High-Risk Pregnancy (Preeclampsia, GDM)

Gestational diabetes is high blood sugar that starts during pregnancy. Pregnancy hormones make your insulin work less well. Keeping your sugar in range protects you and your baby.

## Check your blood sugar

- Check when you wake up and after each meal, as your care team teaches.
- Usual goals: below 95 when you wake up; below 140 one hour after meals, or below 120 two hours after meals.
- Your goals, if different: \_\_\_\_\_.
- Write down each number and what you ate.

## Eat balanced meals

- Eat 3 meals and 2 to 3 snacks a day, including a bedtime snack.
- Pair starches (bread, rice, fruit) with protein (eggs, meat, cheese, nuts).
- Eat less starch at breakfast.
- Skip juice, regular soda, and sweets. Do not skip meals.

## Walk after meals

- Walk for 10 to 15 minutes after each meal, unless your provider says otherwise.

## If you take insulin

- Take it as prescribed. Eat on time.
- Low sugar is below 70. You feel shaky, sweaty, hungry, or confused.

- Chew 4 glucose tablets or drink 4 ounces of juice. Check again in 15 minutes.

## Count your baby's movements

- From 28 weeks, expect 10 movements within 2 hours.

## After your baby is born

- Get a sugar test 4 to 12 weeks after birth.
- Your risk of type 2 diabetes stays higher for life. Get checked every 1 to 3 years.
- Breastfeeding lowers this risk.

## Call your provider today if you have

- Numbers above your goals again and again
- Low sugar more than once
- Vomiting that stops you from eating
- Fewer baby movements: go to labor and delivery now

## Call 911 or your local emergency number if you have

- Low sugar with confusion, or you cannot swallow or stay awake
- A seizure (shaking fit)
- Heavy bleeding from your vagina

*This handout supports, not replaces, advice from your own nurse or doctor.*

Online: [nclexpace.com/patient-education/gestational-diabetes/patient](https://nclexpace.com/patient-education/gestational-diabetes/patient)

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