

Gestational Diabetes: Managing Hypoglycemia

When you have gestational diabetes, you may need to take insulin.

Sometimes taking insulin can cause hypoglycemia. This is when your blood glucose or sugar drops below 70 mg/dL.

To help prevent hypoglycemia, follow this checklist:

DO: Follow your meal plan. Eat enough healthy carbohydrates every day.

DO: Check your blood sugar when you notice any symptoms of hypoglycemia. These include: Headache; Weakness; Cold sweat or clammy feeling; Shakiness; Hunger; Irritability; Confusion; Or dizziness.

DO: Eat or drink 15 grams of fast-acting carbohydrates if your blood glucose is below 70 mg/dL.

DO: Check your glucose level again after 15 minutes.

DO: Repeat these steps until your blood sugar is at least 70 mg/dL.

DO: Eat a meal or snack of carbohydrates and protein to keep your blood sugar in a safe range.

DO NOT: Ignore hypoglycemia. It can get worse and cause you to pass out.

DO NOT: Delay or skip a meal.

DO NOT: Forget to write down any times you have low blood glucose and share them with your diabetes care team.

Using your insulin safely and correctly can help you reach your blood sugar goals.

It can improve your health and your baby's health. It can also reduce your risk for complications during your pregnancy. Follow this checklist to help prevent hypoglycemia.