



Managing Gestational Diabetes



Overview

Being diagnosed with gestational diabetes can be stressful. But with proper care and management, you can stay healthy and deliver a healthy baby. In many cases, gestational diabetes goes away on its own after the mother gives birth.

Management Plan

Your doctor will help create a management plan for your gestational diabetes. This plan will teach you how to monitor your blood glucose level, which is also called your blood sugar level. Keeping this level within a healthy range will be very important during your pregnancy.

Check Your Blood Glucose

Traditionally, your blood glucose level is measured with a prick of your finger. You collect and test a drop of blood with a glucose meter, and you may have to do this up to four times every day. If your level is too high or too low, you may need to make changes to your lifestyle.

Nutrition and Exercise

You will need to eat a healthy diet and get regular, moderate physical activity during your pregnancy. This will help manage your blood glucose level, and it will help you gain weight at a healthy rate. Keeping daily records of your diet, physical activity and glucose levels is an important part of a good management plan.

Other Testing

Your doctor may also ask you to test your urine for ketones or proteins. Ketones are substances that are made when the body breaks down fat for energy. If you have ketones in your urine, this may indicate a problem with your diet. Proteins in your urine can be a sign of a serious condition called preeclampsia.

Insulin Injections

Some women may need insulin injections if they're not able to maintain a healthy blood glucose range. If you need insulin, your doctor will teach you how to inject it safely. With frequent checkups and careful management, you can keep your gestational diabetes under control. You can enjoy a healthy pregnancy and a safe birth.

