

MANAGING GESTATIONAL DIABETES

CHECKING BLOOD SUGAR

When living with gestational diabetes you should check blood sugars four times each day.

- As soon as you wake up
- Sixty to 80 minutes after starting breakfast, lunch and dinner

The target range as soon as you wake up is between 70 and 95 milligrams per deciliter (mg/dL). After meals, the goal is to stay below 140 mg/dL. Don't worry if blood sugars are occasionally high, because we're looking at all of your numbers, not only the highs.

- If four blood sugar readings are high at the same time of day during a period of seven days, contact your diabetes care team.

PHYSICAL ACTIVITY

Plan to exercise or walk at least 30 minutes every day. Physical activity helps keep blood sugars within target range, especially after eating. Regular exercise during and after pregnancy also helps to lower the risk of developing Type 2 diabetes in the future.

REDUCING RISK OF TYPE 2 DIABETES

Blood sugars usually return to normal soon after delivery, but women who had gestational diabetes are at an increased risk of developing Type 2 diabetes in the future. After delivery, it's important to reduce weight to a healthy range, which will lower the risk of Type 2 diabetes later in life.

AFTER PREGNANCY

Six to 12 weeks after delivery, your primary care provider or obstetrician should test your fasting blood sugar or do a two-hour glucose tolerance test. Your gynecologist or primary care physician should then test for diabetes annually. If you do develop Type 2 diabetes, it's important to get your blood sugar under control with diet, exercise, and if needed, medication, prior to becoming pregnant again.

DIABETES CENTER OF EXCELLENCE

AMBULATORY CARE CENTER (ACC), SECOND FLOOR
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)

EXISTING PATIENTS: **508-334-3206**



Diabetes Center of Excellence

WWW.UMMHEALTH.ORG/DIABETES