Do you want to know?

Gestational Diabetes

What is it?

Gestational diabetes is diabetes that arises only during pregnancy. Diabetes is an endocrine disorder of carbohydrate breakdown that results from inadequate production or utilization of insulin.
Insulin is a hormone secreted by the pancreas. It lowers the blood glucose level by allowing glucose to move from the blood into the muscles. Insulin demand or need increases during the third trimester of the pregnancy.

What do you need to know?

Drugs
Take insulin as prescribed by your physician.

Diet
- Follow your diet list as advised by your physician and dietitian.
- Take a snack at bedtime to avoid a drop in blood sugar during the night.

Activity
Consult your physician regarding the type, amount and frequency of the exercises.

Therapeutic Measures
- Monitor your blood glucose level as advised by your physician and record it.
- Drink half a cup of milk or orange juice if your blood sugar is less than 60mg/dl.

Considerations
Report to your physician the following:

Signs of high blood sugar:
- Frequent urination
- Excessive thirst
- Excessive hunger
- Weight loss

Signs of low blood sugar:
- Palpitation
- Sweating
- Pallor (pale skin color)
- Blurred vision

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.
Prepared by the Nursing Services in coordination with other health care disciplines.

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