



## William Groves MD

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### Gestational Diabetes Recommendations

#### Low Carbohydrate diet:

1. No beverages containing sugar (cold drinks, juice, sweet tea- for example)
2. No sweets or desserts (one splurge day a week if fully compliant other days)
3. Cut your typical starch (bread, rice, potatoes, pasta) portions in half. For example, ½ baked potato, one roll instead of two, less spaghetti- more meat sauce

The dietician (if you are referred to one) will give you more detailed instructions, but this will be a good place to start.

Cardiovascular exercise such as walking for 30 min – 1 hour daily x 5-6 days per week unless instructed not to for other reasons.

#### Blood sugar goals:

<90-95 fasting

<120 two hours post meal

Call the office during normal business hours if you are consistently not meeting your goals.

#### Patients on glyburide or insulin:

- Have your food ready prior to taking your pill or insulin,
- Have glucose pills or gel available at all times in case of emergency- take if blood sugar is <50 and feeling symptoms of low blood sugar.
- If you are ill and unable to eat, it is better to decrease or hold a dose until you are able to eat normally.
- Set your alarm and check a 2am blood sugar the first time any evening insulin is changed- call the office during normal hours and or hold/decrease the evening dose the next day if this happens.