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.