

Desert West OB/GYN
602-978-1500

TEST TEST
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Sarah Jones NP

Gestational Diabetes Education

- * What is Gestational Diabetes?
- * Who is at risk?
 - Overweight
 - Family history of diabetes
 - Past history of greater than 9 lb baby
 - History of stillbirth baby
 - History of GDM
 - Latina, African American, Native American, South or East Asian, or Pacific Islander
- * Risks to baby if uncontrolled
 - Macrosomia (Shoulder Dystocia, Birth Injury, or C/S)
 - Preterm delivery (RDS, Jaundice)
 - Hypoglycemia at birth
 - Stillborn
- * Risks to mom if uncontrolled
 - Preeclampsia
 - More infections
 - Polyhydramnios
 - Preterm Labor
 - Cesarean Section
 - Risk to mom of subsequent GDM and type 2 diabetes
- * How to control (diet, oral agent, or insulin)
- * Monitoring blood glucose
 - QID testing
 - Meter instructions
 - Blood glucose target values
 - Record keeping
 - When to notify doctor if not meeting target
- * Nutrition
 - General overview of food groups
 - Carbohydrates
 - Timing of meals/snacks
 - Exchange list
 - Reading labels
- * Exercise
- * Additional testing (NST's, AFI's or BPP's, kick count, monthly growth ultrasounds)

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* After pregnancy

- 6 week PP exam and have BS checked
- Regular diabetes screening
- Keep weight down and get regular exercise