

DIABETES

WHAT ABOUT MY BABY?



If you are pregnant and you have a blood sugar problem, the best way to protect your baby is to control your blood sugar levels.

EVERY DAY

- Check your blood sugar when you wake up and two hours after meals
- Test for ketones.
Call your doctor right away if you have ketones!
- Follow your special meal plan and exercise plan
- Take your insulin as directed (if you need to take insulin)

Control is the goal! Checking your blood sugar levels often is the best way to protect both you and your baby.

The medical term for diabetes during pregnancy is gestational diabetes.