

You can chart your blood sugar values according to the chart given below.

Date	Morning (before breakfast or tea)	2 hours after breakfast	2 hours after lunch	2 hours after dinner
	Morning	Afternoon	Night	

- It is very important to regularly attend the pregnancy clinics and diabetes clinics throughout your pregnancy.

**During these clinics,**

- The above table with your blood sugar levels will be checked and the dose of insulin and other medications will be changed accordingly.
- Advice will be given on how to maintain the required body weight.
- Blood pressure will be measured.
- The delivery of your baby will be planned.



# Diabetes and Pregnancy



**If After delivery.....**

- 6- 12 weeks after delivery, blood sugar levels should be checked by either a fasting blood sugar, HbA1C test or a blood sugar test done after consuming glucose.
- Discuss with your medical team about a suitable birth control method and plan the next pregnancy.
- If your blood sugar level is normal after the pregnancy, get your blood sugar level checked annually.
- Consume a balanced and healthy diet and exercise regularly to maintain the weight required for your height.
- If you are thinking of having another child, meet your doctor and discuss about it before getting pregnant.

Elevated blood sugar levels first detected during pregnancy is known as Gestational Diabetes Mellitus.

It could also be pre-existing diabetes mellitus, recognized for the first time during pregnancy.

#### How is this condition diagnosed?

- As soon as your pregnancy is recognized, you should do a fasting blood sugar test, HbA1C test or blood sugar tests done after consuming glucose.
- If the above is normal, repeat testing is recommended at 22-24 weeks of your pregnancy.

#### Complications you may get due to gestational diabetes mellitus or pre-existing diabetes mellitus

##### To Mother

- Abortions and still birth
- Recurrent infections
- High blood pressure during pregnancy
- Complications during delivery

##### To Baby

- Inappropriately high birth weight
- Low blood sugar levels in the newborn
- Yellowish discoloration in baby's skin and eyes
- Congenital defects



Having diabetes mellitus during pregnancy is not an obstacle to have a healthy baby. Discuss with your diabetes care team for further information.

- It is important to keep your HbA1C value less than or close to 6.5% before getting pregnant. Use an effective contraceptive method till this goal is achieved.
- Your diabetes care team will change your current medication to medication more favourable for pregnancy such as Metformin, Insulin.
- It is also important to take Folic acid tablets, at least 3 months before conception, to prevent certain congenital birth defects.

#### If you have gestational diabetes mellitus

##### Balanced diet

- 3 main meals and 3 snacks, 2-3 hours after a main meal.
- Avoid missing meals and delaying meals.
- Reduce sugary food and beverages.



##### Exercise

- It is beneficial to engage in exercises such as walking and swimming for at least 30 minutes daily.
- Apart from that, it is good to walk for about 10 minutes after every meal.



##### Treatment

- Apart from the dietary control and exercise, your doctor may prescribe you tablets or insulin injections to control your blood sugar levels.
- You will have to undergo frequent blood sugar testing to make sure your blood sugar levels are controlled. If you do not have a glucometer at home, you may have to undergo lab testing.

