



# Diabetes & Pregnancy

**Gestational diabetes or impaired blood sugars in pregnancy**, is a temporary condition for most women.

**Testing your Blood Sugar** with a blood glucose meter, is important to determine how well your body is handling the carbohydrate (sugar) from certain foods you eat. ***You should know that diabetes or impaired blood sugars during pregnancy are a result of extra hormones being produced during pregnancy.*** These hormones can affect the blood sugar levels and impact the health of both mom and the growing baby.

**Blood sugar targets in pregnancy:** these ranges are different from individuals who have type 1 or type 2 diabetes.

***Before meals: less than 5.3 mmol***

***1 hour after meal: less than 7.8 mmol***

***2 hour after meal: less than 6.7 mmol***

Depending on your lab results from the oral glucose tolerance test, your Diabetes Team will determine when you should test.

It is important to know that **your specific treatment plan will be developed** with the assistance of a Diabetes Nurse and Diabetes Dietitian. If you require insulin, the team will support you with this.

**Meal Plans:** are developed with a dietitian to help meet nutritional needs and maintain good blood sugar control. Should your blood sugars be higher than the target ranges despite following a meal plan, you may require insulin with your meals to achieve good blood sugar control during pregnancy. This is to prevent complications for both mom and baby.

**Testing Ketones (urine):** It may be recommended to test your ketones. This is done in the morning upon waking to check if your body is burning fat for fuel instead of sugar. Sometimes, you may have to test for ketones at other times during the day. *If you are showing signs of ketones, the diabetes team will help you determine the next step to correct this.*

**Physical Activity:** it is encouraged to exercise 30 minutes a day when pregnant, unless instructed otherwise. Certain prenatal exercise programs can help prepare your body for labour and delivery.

**Exercise also helps with blood sugar control.**

**Healthy weight** gain during pregnancy is important. Your diabetes team will monitor this.

Should you have any emergencies during your pregnancy, contact your health care provider (Family doctor, OBG or Midwife), as well *you can access Labour & Delivery for any emergencies related to your pregnancy.*

*After you have your baby a **6 week post partum appointment** will be arranged for a follow up with both mom and baby present. Between 6 weeks and 6 months after you have your baby, an oral glucose tolerance test should be repeated with your family physician to screen for impaired blood sugars after pregnancy.*

**Programs Available within Thunder Bay:**

**Maternity Centre:** 684-6228 [www.tbrhsc.net/programs & services/maternity\\_centre.asp](http://www.tbrhsc.net/programs_and_services/maternity_centre.asp)

Bosom Buddies (up to 8 weeks post partum)

Lactation Consultant available for individual sessions (up to 8 weeks post partum)

Prenatal Classes & Exercise Programs available

**Health Unit:** 625-5900 [www.tbdhu.com](http://www.tbdhu.com)

Prenatal Classes

Breast Feeding/Lactation Consultants

**Thunder Bay Regional Health Science Centre:** 684-6000 [www.tbrhsc.net](http://www.tbrhsc.net)

Prenatal Classes

**Online Resources:**

Best Start Resources at <http://en.beststart.org/>