



Target Blood Sugar Goals for Pregnancy



Fasting	60-90 mg/dl
1 Hour After a Meal	100-140 mg/dl
2 Hours After a Meal	100-120 mg/dl

Blood sugar goals are for whole blood glucose.





Gestational Diabetes — How to Have a Healthy Baby



(See separately packaged visuals.)





Staying Healthy with Gestational Diabetes



Possible problems for the mother if her blood sugar is high during pregnancy:

- bladder or kidney infection
- ketones in the urine
- pre-eclampsia (high blood pressure; protein in the urine; swelling in the hands, face and feet)
- too much fluid around the baby
- early labor and delivery

Possible problems for the baby if the mother's blood sugar is high during pregnancy:

- breathing problems
- birth weight more than 9 pounds
- low blood sugar
- jaundice (yellow skin)
- stillbirth

Keeping blood sugar at target goal helps a woman stay healthy and have a healthy baby. These are ways you can stay at target blood sugar goals during pregnancy:

- make healthy food choices
- be active
- take insulin (if needed)
- check blood sugar often
- keep appointments





Staying Healthy with Pre-gestational Diabetes



Possible problems for the mother if her blood sugar is high during pregnancy:

- bladder or kidney infection
- ketones in the urine
- pre-eclampsia (high blood pressure; protein in the urine; swelling in the hands, face and feet)
- too much fluid around the baby
- early labor and delivery
- more chance of miscarriage early in the pregnancy
- pregnancy may make some of the long-term problems of diabetes worse

Possible problems for the baby if the mother's blood sugar is high during pregnancy:

- breathing problems
- birth weight more than 9 pounds
- low blood sugar
- jaundice (yellow skin)
- birth defects
- stillbirth

Keeping blood sugar at target goal helps a woman stay healthy and have a healthy baby. These are ways you can stay at target blood sugar goals during pregnancy:

- make healthy food choices
- be active
- take insulin (if needed)
- check blood sugar often
- keep appointments





Taking Care of Your Kidneys



Signs of bladder or kidney infection

These are signs of bladder or kidney infection:

- fever
- frequent urge to urinate
- pain or burning when urinating
- discomfort in the bladder
- ache in lower back
- milky, cloudy or reddish urine

Most people have only one or two signs of an infection. Some people have no signs.

If you think you have a bladder or kidney infection

If you think you have a bladder or kidney infection, go to the clinic right away. Tell the clinic staff that you are pregnant.

Clinic staff can test your urine for infection. Your health care provider can start treatment right away.

You can prevent kidney problems by treating all infections right away.



(Taking Care of Your Kidneys - continued)

Treatment for bladder or kidney infection

Treatment of bladder or kidney infections includes getting a urine test, taking medicine and drinking water. You can get rid of the infection. Here is what you need to do:

- **Get a urine test**
Your health care provider will test your urine before you start medicine. This is to make sure the medicine is needed and will work.
- **Take your medicine**
Take all your medicine, even if you feel better. The infection may come back if you stop taking your medicine too soon.
- **Get your urine tests again**
Your health care provider may test your urine after the medicine is done. This is to make sure the infection is gone.
- **Drink water**
Drink at least 8 glasses of water each day.

Can you prevent bladder and kidney infections?

Yes. You can prevent some infections. Taking these steps may help:

- Urinate whenever you first feel the urge. Do not hold the urine in your bladder.
- Keep genital area clean.
- Urinate after sex.
- Wipe from front to back after bowel movements.
- Get a urine test if you think you have any signs of a bladder or kidney infection.
- Take all your medicine for any infection.
- See your health care provider for a urine test after you take all your medicine to make sure the infection is gone.





Urine Ketone Testing



Why do I need to test for ketones?

Ketones may be in your urine when your body does not have enough sugar for energy and is burning fat instead.

This may happen when you:

- do not eat enough
- wait too long between meals and snacks
- have high blood sugar

Having too many ketones in the body is not healthy for you or your baby.
Your goal is to not have any ketones in the urine.

What do I need to do a test?

- clock or watch
- clean cup or container to collect urine
- ketone test strips

How do I do the test?

- collect your first morning urine in a clean cup
- take one of the ketone test strips and dip it into the urine
- shake off extra urine by tapping the strip on the side of the cup
- wait one minute (60 seconds)
- at one minute, match the end of the test strip to the colors on the side of the ketone test strip bottle
- write results in your logbook,
for example: Neg (no ketones), + (small), ++ (moderate), +++ (large)

What do I do next?

If results are +, ++, or +++, check your urine ketones again after you have eaten.
Write results in your logbook.

If results are +, ++, or +++ for 2 mornings in a row, talk with your health care provider.





Gestational Diabetes Checklist



- blood sugar checks
- food records
- blood pressure
- urine tests
- weight
- urine ketone test
- A1c
- other prenatal lab tests
- non-stress test
- ultrasound (for delivery date)
- kick count





Pre-gestational Diabetes Checklist



- blood sugar checks
- food records
- blood pressure
- urine tests
- weight
- urine ketone test
- A1c
- other prenatal lab tests
- non-stress test
- ultrasound
- kick count
- exams (such as eye, dental and heart)





Baby Growing



7th Week



8th Week



9th Week



10th Week



12th Week



13th Week



17th Week



21st Week



25th Week



29th Week



36th Week



40th Week





Kick Count



A kick count checks your baby's movements. Healthy babies are very active. Babies who are having problems move less.

This is how to do a kick count:

1. Count the baby's movements any time of the day when you feel the baby is the most active. Lying on your side while you count is best. Write down the time you start and stop counting.
2. Count 4 movements. A movement may be a kick, turn or flip of the baby.
3. If you count 4 movements in less than one hour, stop counting until the next day.
4. If one hour passes with less than 4 movements, try again later that day.
5. If you do not feel 4 movements during an hour any time during that day, tell your health care provider right away.

Remember:

- the baby may move all 4 times in a half hour or less
- the baby may take one hour to move 4 times
- know what is normal for your baby so you can tell your health care provider when something different is happening

Go to the hospital if:

- you have not felt the baby move all day
- you do not feel 4 movements in one hour anytime during the day
- it is taking longer and longer each day to get 4 movements



(Kick Count - continued)

KICK COUNT RECORD

Do these things:

- Check kick count at least once a day
- Write the time that you start and stop counting
- Count until you feel 4 movements
- Tell your health care provider right away if:
 - it takes longer than one hour to count 4 movements
 - the baby is moving less or taking longer and longer to move 4 times
- Bring kick count record to your clinic appointments

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____

DATE: _____

START TIME: _____

STOP TIME: _____





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

