



Medicines During Pregnancy



You have type 2 diabetes and are 24 weeks pregnant (second trimester). Your blood sugars started running high last week.

Your blood sugars are: Between:
Before breakfast: 104-112 mg/dl
2 hours after breakfast: 130-140 mg/dl
2 hours after lunch: 110-120 mg/dl
2 hours after dinner: 140-150 mg/dl

You are taking:
Before breakfast: NPH insulin 10 units and Lispro 6 units
Before lunch: Lispro 6 units
Before dinner: NPH insulin 10 units and Lispro 6 units

You are concerned that your blood sugar is staying high. You have not changed your eating or activity. You have not had any stressful events and you feel well. You are taking your insulin the way it was prescribed, even though you worry that you might poke the baby when your stomach gets bigger. You started taking an herbal tea recommended by your grandmother to keep the baby healthy a couple weeks ago and you are concerned that it might be keeping your blood sugar high.

1. What might be making your blood sugar high?

2. What would you do for your concerns about insulin and the baby?

3. What would you do for your concerns about the herbal tea?





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1. What might be making your blood sugar high?

These are some things that may be raising your blood sugar:

- increased insulin resistance and increased insulin needs as pregnancy progresses
- herbal tea and/or additive such as sugar
- timing of insulin injection
- site of insulin injection
- old insulin and/or storage related insulin problem
- food choices and/or physical activity may need to be changed

2. What would you do for your concerns about insulin and the baby?

Some things you could do for your concerns about insulin and the baby are:

- talk with the health care team about concerns
- learn more about insulin/insulin injections during pregnancy
- review insulin injection technique

3. What would you do for your concerns about the herbal tea?

Some things you could do for your concerns about the herbal tea are:

- bring the tea to the health care team and talk about it



