



# Gestational diabetes: What to expect



## What is gestational diabetes?

Gestational diabetes is high blood sugar during pregnancy. It is a medical problem that can happen to any person, even if they did not have diabetes before their pregnancy. In fact, one out of nine women are diagnosed with gestational diabetes.



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# What are my next steps after I have been diagnosed with gestational diabetes?



## Step 1: get a glucometer

Pick up a glucometer/glucosemeter from the Eisner Health pharmacy or pharmacy of choice depending on your health insurance. You do not need a written prescription from the clinic. The order is done electronically.

**Eisner Health pharmacy hours are 8:30 a.m. – 4:30 p.m., Monday–Saturday.**

An individualized glucometer teaching session is an option to you either in person or via video call.

For in person, go to our **Women's Health Center** and wait for the next available nurse.

The best times for walk-ins are **9:00 – 11:00 a.m. or 1:00 – 3:00 p.m.**



## Step 2: Track sugar levels

Electronic forms are sent via text or email. Paper copies are available in the clinic. Your doctor, nurse or midwife will ask you for the glucometer logs at each visit.

If you prefer an app to track your sugar after meals, we will suggest a few. Tracking your sugar will be helpful to create a plan of care with your dietician and medical provider.

## Step 3: Get nutrition counseling



Meet with a registered dietitian at Eisner Health. This visit is a 40-minute video call. You will learn about selecting foods, making a meal plan and recognizing foods to avoid.

Your dietitian will schedule a follow-up visit for individualized meal planning to optimize your sugar control and make a medical plan with your doctor, nurse or midwife.

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**We recommend that you make your follow-up appointments with the same provider managing your diabetes care. Talk about your feelings and worries with your health care team.**