

Gestational Diabetes

Gestational diabetes mellitus (GDM) or high blood sugar is a type of diabetes that can develop during pregnancy. It happens when pregnancy hormones make it harder for your body to use insulin, causing your blood sugar to rise. High blood sugar can lead to health issues for both you and your baby.

What Should I Do For Gestational Diabetes?

Check Your Blood Sugar

- Check your blood sugar four times a day. A nurse will teach you how.
 - You may use a blood glucose meter, or a continuous glucose monitor (CGM).
 - You want most of your blood sugar results to be in the target range:
 - **Before eating (after eight hours without food): Less than 95**
 - **One hour after eating: Less than 140**
 - **Two hours after eating: Less than 120**
 - Write your results down to review with your healthcare provider.
-
- **Eat balanced meals and snacks.** Find more information on diet choices at Bump & Beyond
 - **Get regular exercise.** Find more tips on exercise in pregnancy at Bump & Beyond.
 - Get extra ultrasounds and fetal testing
 - Go to all your prenatal visits
 - Check your baby's kicks and movement daily after 28 weeks



Learn more about Gestational Diabetes, how to stay healthy, and what to expect at **Bump & Beyond** by scanning the QR code or visiting: <https://www.bmc.org/bump-beyond/during-pregnancy/medical-care/gestational-diabetes-care>

Search for these other helpful articles on Bump & Beyond:

[Gestational Diabetes Diet](#)

[Testing for Gestational Diabetes](#)

[Exercise: Get Moving During Pregnancy](#)

[Feeling Your Baby Move: how to Count the Kicks](#)

