Gestational Diabetes - Initial Management
(Diagnosis ≥ 20 weeks)

- Nutrition Assessment & Education
- Diabetes Education
- Glucose self testing
- Exercise (30 minutes daily)

Provider visit every 1-2 weeks
- Follow-up nutrition assessment and education
- Assess weight gain/loss
- Review blood sugar log

Self testing values

- < 25% above target values
  - Continuous reinforcement of diet & exercise guidelines
  - If good control, consider decreasing frequency of finger sticks (2 times/day fasting daily alternate one hour)

- 25-50% above target
  - Continuous nutrition assessment and education
  - Consider med management and/or shorter interval follow up visits

- > 50% above target
  - Continuous nutrition assessment and education
  - Recommend medication management (see GDM Medical Management Algorithm)

Continue general care for diabetes in pregnancy

Diabetes Education & Self Testing/Teaching

1. What is diabetes
2. Associated maternal and fetal risks
3. Blood sugar monitoring: 4 times/day - fasting and 1-hour after first bite of each meal
4. Blood sugar goals: <95 fasting, <140 1 hr. post prandial (<120 if 2 hr post prandial)
5. Establish a method of recording and reporting

Nutrition Assessment & Education

1. Six meal/day structure (3 meals/3 snacks)
   - Snacks: 1-2 carbs with protein
   - Meals: 2-3 carbs with >1 protein
   - 1 Carbohydrate serving = 15 gm
   - 1 Protein serving = 7 gm
2. Portion size education (Plate Method)
3. BMI specific calorie goals
   - Underweight (BMI <18.5): 35-40 kcal/kg/day
   - Normal weight (BMI 18.5-24.9): 30 kcal/kg/day
   - Overweight (BMI 25-29.9)
   - Obese (BMI 30-34.9)
   - Morbidly Obese (BMI >35) 25 kcal/kg/day of ideal body weight
4. Carbohydrate intake (low glycemic foods and whole grains preferred) limited to 30-40% of calories, remaining calories divided between protein (20%) and fat (40%)
5. Weight gain guidelines:

<table>
<thead>
<tr>
<th>Pregnancy BMI</th>
<th>BMI (kg/m²)</th>
<th>Total Weight Gain Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt;18.5</td>
<td>28-40</td>
</tr>
<tr>
<td>Normal weight</td>
<td>18.5-24.9</td>
<td>25-35</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0-29.9</td>
<td>15-25</td>
</tr>
<tr>
<td>Obese (includes all classes)</td>
<td>≥30.0</td>
<td>11-20</td>
</tr>
</tbody>
</table>