

## **Gestational Diabetes Class Outline**

### **Session 1**

This introductory class will help you understand the importance of self blood glucose monitoring and meal planning.

#### **Topics**

- Diagnosis of Gestational Diabetes
- Cause of Gestational Diabetes
- Risks for mom, if left untreated
- Risks for baby, if left untreated
- How to take care of Gestational Diabetes
  - Self blood sugar monitoring
  - Desirable blood sugar numbers
  - Physical Activity
  - Meal planning.
  - Criteria for use of insulin/medication

### **Session 2**

You will meet individually with a certified diabetes educator one week after attending the class to discuss meal planning and blood glucose levels.