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
  
  o Self blood sugar monitoring
  o Desirable blood sugar numbers
  o Physical Activity
  o Meal planning.
  o 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.