

# PHYSICAL ACTIVITY EXERCISE



- Introduce physical activity gradually based on the willingness and ability.
- Pregnant women with diabetic walking and swimming can help to reach blood glucose targets.
- Advice to avoid smoking.

## SELF-MONITORING

- Educate how to use blood glucose monitor.
- Introduce target level or referral range level of glucose level. It should be  $<6.0\text{mmol}/<110\text{ mg/dl}$  before meals and  $<8.0\text{mmol}/145\text{ mg/dl}$  1-2 hour after meal.
- Educate how to check urine protein and ketone.

### A QUICK CHECKLIST IF YOUR RESULT IS INCORRECT

- Is there enough blood on the strip?
- Are your fingers clean?
- Is the strip on the meter?
- Is the calibration code correct?
- Is the battery low or flat?
- Has the strip expired?
- Has the strip been affected by climate heat light?



# GESTATIONAL DIABETES

is diabetes that is found for the first time when a woman is pregnant. gestational diabetes means that your blood glucose (also called blood sugar) is too high. Your body uses glucose for energy. But too much glucose in your blood can be harmful. When you are pregnant, too much glucose is not good for your baby.

## LIFESTYLE MODIFICATION

### MEAL PLAN



- Advice to control food with high sugar, fats and alcohol.
- Advise lifestyle modification by changing the patterns of eating.
- For pregnant women malnutrition causes intrauterine growth retardation. So advise healthy nutritional food prescribed by dietitians.
- Eat 3 small meals 1=3 snacks every day.



# GESTATIONAL DIABETES

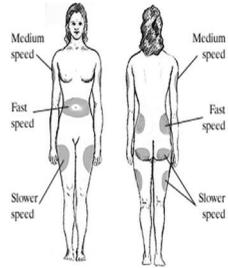


**Bahrain Specialist  
Hospital & Clinics**

## CHECK YOUR BLOOD GLUCOSE

- ✔ When you wake up.
- ✔ Just before meals.
- ✔ 1-2 hours after breakfast.
- ✔ 1-2 hours after lunch. 1-2 hours after dinner.

## INSULIN THERAPY



- Explain and teach the site of giving insulin.
- Explain the needs of self-monitor blood glucose when taking insulin.
- Check the dose properly specially during pregnancy maternal hypoglycemia will affect the baby.

## STORAGE OF INSULIN

- Insulin should be stored below 40 degrees.
- Do not keep insulin in the freezer.
- Insulin is destroyed by heat so must not be left in the car or anywhere where the temperature exceeds 40 degrees Celsius.

## FOOT CARE EDUCATION

**Inspect feet every day, check whether any puncture wounds in pressure areas especially:**

- 1) Tip of big toe.
- 2) Base of little toes.
- 3) Base of middle toe.
- 4) Heel.
- 5) Outside edge of foot.

## CARE OF FOOT

### DO'S:

- ✔ Wash feet daily and dry between toes.
- ✔ Use quality lotion to keep skin moist and soft.
- ✔ Use diabetic foot wear.
- ✔ Cut toenails straight across and do not gouge into corners.

### DON'TS:

- ✘ Do not go with barefoot.
- ✘ Do not wear high heels.
- ✘ Do not excessively soak in hot water.
- ✘ Do not drink alcohol while exercising.
- ✘ Do not smoke.

## DIABETIC EMERGENCIES

### HYPOGLYCEMIA

- Trembling
- Weakness
- Drowsiness
- Decrease the fetal movement
- Headache
- Confusion
- Dizziness
- Double vision

### HYPERGLYCEMIA

- Increased thirst and urination.
- Nausea.
- Deep and rapid breathing.
- Abdominal pain.
- Sweet smelling breath.
- Loss of consciousness.
- Decreased fetal movement.

## FOLLOW UP VISIT

- Visit a physician at least 4 times a year.
- Check Hba1C every 3 months.
- Evaluate cholesterol and triglyceride
- Eye checkup at least once a year.
- For gestational diabetic reviews postpartum follow up & laboratory testing.
- Health checkup weight and blood pressure.

## PREVENTION OF RISK OF HAVING GESTATIONAL DIABETIC DURING FUTURE



- Reach and maintain a reasonable weight.
- Physical activity for 30 minutes most days.
- Healthy eating plan.
- Health check up every year especially BP and blood sugar.

Contact us on **1781 2222**  
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