

Guide to gestational diabetes

Gestational diabetes is diabetes that can develop during pregnancy. It causes the body to collect extra sugar in the blood. If not controlled, it can cause health risks to both mother and baby.

Gestational diabetes can cause your baby to:

- Grow larger (more than 9 pounds), which can lead to problems during birth
- Have quickly changing blood sugar levels after birth, so they will need to be watched for low blood sugar and may need treatment
- Be more likely to become overweight, obese, or develop type 2 diabetes
- Be more likely to have trouble breathing after birth and need oxygen

Gestational diabetes can cause you to:

- Develop pre-eclampsia or high blood pressure
- Develop type 2 diabetes later in life
- Take longer to recover
- Have problems during birth
- Have a larger baby that may require a C-section

Even if you have gestational diabetes, it doesn't mean these problems will happen. You can control gestational diabetes with the right approach. Your doctor and Humana can help.

Resources and programs

Humana Healthy Horizons® is here to support you before, during and after pregnancy. We offer helpful resources to our new and expecting moms.



To learn more about and enroll in our HumanaBeginnings™ program call **888-285-1121 (TTY: 711)**, Monday – Friday, 8 a.m. to 6 p.m. Eastern time, or visit [Humana.com/KentuckyMoms](https://www.humana.com/KentuckyMoms).

Keep yourself and your baby healthy

- Ask your healthcare provider about your treatment plan.
- Eat healthy foods and stay active.
 - Work with a dietician or diabetes educator to develop a meal plan to help keep your blood sugar under control.
 - Follow your doctor's guidance for frequent exercise.

Humana Healthy Horizons® in Kentucky

- Monitor your blood sugar often.
 - Your blood sugar can become too high or too low very quickly. What you eat, how you exercise and your growing baby’s needs will affect your blood sugar.
 - Control and treat low or high blood sugar quickly (see symptom checker and treatment).
- See your doctor before, during and after birth. You may need to see your doctor more often because of the diabetes.
- Take your medicine as directed.

Monitor your blood sugar

The American College of Obstetricians and Gynecologists (ACOG) says you should try to keep your blood sugar below these levels:

	ACOG recommendations	The levels my doctor recommends
Before meals	95 mg/dL or lower	
1 hour after eating	130 mg/dL or lower	
2 hours after eating	120 mg/dL or lower	

Blood sugar is measured in milligrams/deciliter (mg/dL)

Your doctor might recommend different blood sugar levels. Ask your doctor to write in the chart above the levels you should have.

Diabetes logbook: week of

Circle any blood sugar result that is above or below your target. Add comments on diet, exercise, illness or stress. Copy the chart as many times as you need it to keep track of your blood sugar.

Date	Breakfast		Lunch		Dinner		Bedtime	Other	Medicines you take
	Before	After	Before	After	Before	After			
Time									
Blood sugar readings									
Comments*									

* Comments: Report anything that might have made a change in your blood sugar. For example: meals and comments about food (1/2 cup of rice = ↑blood sugar); exercise (walk fast x 30 min); illness (fever and sore throat); or stress (concern about husband getting laid off). Symptom checker and treatment

Low blood sugar can cause:

- Headaches
- Weakness
- Confusion

It can also make you feel:

- Anxious or cranky
- Dizzy or shaky
- Hungry
- Sweaty
- Like your heart is beating too fast

If you notice any of these signs or symptoms, check your blood sugar as soon as you can. Your blood sugar is low when the numbers are 70 milligrams/deciliter (mg/dL) or less. Low blood sugar is called hypoglycemia.

If your blood sugar is low, eat or drink a source of quick sugar. That could be something like a piece of hard candy or 4 ounces of fruit juice, skim milk, or a soft drink (not diet). Check your blood sugar again after 15 minutes. If it's not better, eat or drink a source of quick sugar again. When you feel better, have a high-protein snack like cheese and crackers or half a peanut butter sandwich. Talk with your doctor if you have two or more low blood sugar episodes during a week.

High blood sugar can cause:

- Blurred vision
- Difficulty paying attention
- Headaches
- Yeast infections

Your blood sugar is high when the numbers are 130 mg/dL or higher. High blood sugar is also called hyperglycemia.

Talk with your doctor if you notice any of these signs or symptoms.

Call your doctor if your blood sugar is greater than _____. (Ask your doctor to write the levels)

My doctor's name: _____

Phone number: _____

Questions for my doctor: _____

After you give birth it's important to keep seeing your doctor. They can help you control your blood sugar.

Consider breastfeeding to reduce your risk of diabetes later in life.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **800-444-9137 (TTY: 711)**.

Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-444-9137 (TTY: 711)**.

繁體中文 (Chinese) 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 **800-444-9137 (TTY: 711)**。