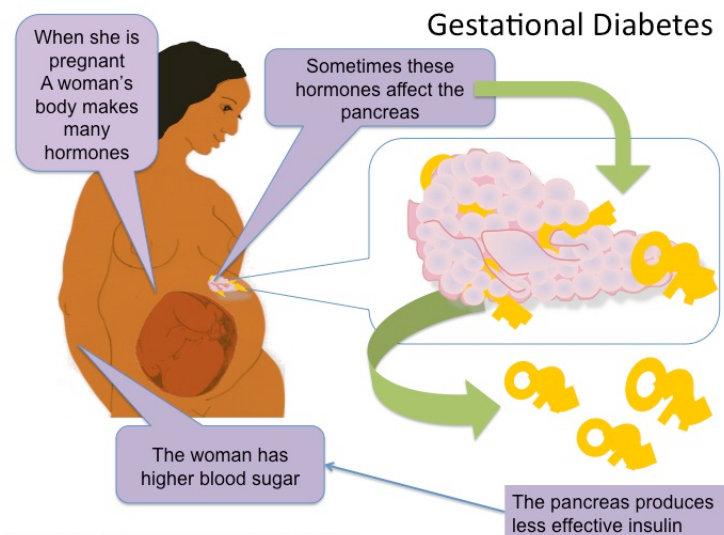


Gestational Diabetes Mellitus

Some women have high blood glucose levels during pregnancy, even if they have never had elevated levels before. Gestational Diabetes Mellitus (GDM) happens in around 7%* of pregnancies and while causes may vary, the results are that the body is not making and/or using all the insulin it needs for pregnancy, which means glucose cannot leave the blood and be changed into energy.

When high levels of glucose (sugar) are in the mother's blood, it is sent to the baby who makes extra body fat. There are some health risks for the baby later in life as a result of gestational diabetes, including obesity, heart disease, type 2 diabetes and high blood pressure. The baby may be large for gestational age (LGA) and also have low blood sugar and respiratory complications after birth and need extra care.



Testing for GDM is typically done between 24 and 28 weeks gestation, with follow up testing when indicated. Some clients with multiple risk factors may be asked to test earlier. Risk factors associated with GDM are:

- * History of Diabetes
- * Family History of Diabetes
- * Overweight
- * Smoking
- * Caffeine
- * GDM in prior pregnancy
- * Recurrent miscarriage or stillbirth
- * Poor diet
- * High Blood Pressure
- * PCOS
- * Age >25
- * Polyhydramnios
- * Ethnicity
- * Previous birth w/variation

If you are diagnosed with GDM, referrals for nutritional support will be offered, you will be instructed and asked to monitor your levels at home as you adjust your diet and exercise plans and keep in communication with your midwife. Some women may need further testing and medication to help control GDM during pregnancy, which requires the care of a physician.

Women who have GDM during pregnancy are at a higher risk of developing type 2 diabetes after pregnancy or later in life. Breastfeeding, healthy eating and exercise are great ways to help prevent the onset of diabetes for both you and your baby.

Instructions for GTT:

2 Hour Postprandial a.k.a The Breakfast Tolerance Test:

Breakfast Tolerance Test

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This is done in the morning after you have fasted overnight for at least 12 hours. This test involves eating a very specific breakfast that contains 75 grams of glucose. You must eat within 20 minutes and note the time you finish. Your blood should be drawn exactly 2 hours after you have finished eating.

Standardized 75g breakfast challenge options

Strawberry Banana Smoothie

- 8 oz whole milk plain yogurt
- 2 medium bananas
- 8 oz orange juice
- 1 c frozen strawberries
- 3 tbsp honey



Pancake Breakfast

- 2/6" (4/4") plain pancakes
- 2 oz (1/4 c) real maple syrup
- 8 oz orange juice
- Sausage, bacon, or egg (or substitute of equal value)

Healthy Fibrous Carbs

- Vegetables in general.
- Cucumbers, asparagus, broccoli, peas, etc.
- Squash, carrots, peppers
- Tomatoes
- Beans

Healthy Starchy Carbs

- Grains generally
- Whole grains
- Whole grain pasta
- Beans
- Whole grain bread
- Potatoes, sweet potatoes
- Healthy cereals

Healthy Simple Carbs

- Fruits generally
- Apples, orange, bananas, sweet potatoes, pineapple, berries, etc.
- Avoid foods with sugar as an ingredient
- Avoid most fruit juices, especially non-fresh squeezed

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Some women prefer to do the “drink” method of testing which involves overnight fasting, drinking a syrupy glucose drink and having blood drawn an hour later. If you prefer that method, please let your midwife know before your 24 - 28 week appointment.

If the blood glucose numbers from the testing are higher than they should be, the next step is to take a glucometer home and test yourself four times daily, for a week. You will be eating normally and recording your fasting number each day, what you eat, then randomly test after you eat to see what your numbers are after normal eating. It is recommended that you test 1 hour after some meals, and 2 hours after others. If you have a sugary food, check 1 hour after this as well. Bring your chart back with you after a week so we can go over it together. If ANY number is greater than 200, call me immediately.

Fasting: 95 mg/dL

1 h: 140 mg/dL

• 2 h: 120 mg/dL

Date	Time	Fast	Foods eaten - quantities, amounts, etc...	1 hr	2 hr

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Date	Time	Fast	Foods eaten - quantities, amounts, etc...	1 hr	2 hr

*March of Dimes (2015).

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