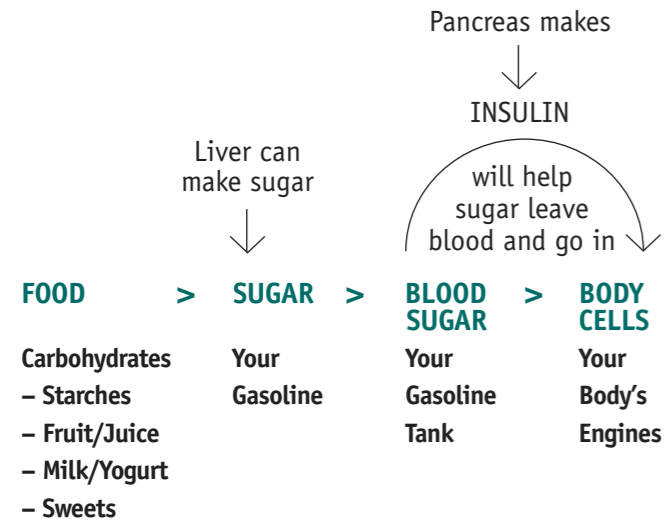


## About Your Diabetes



## What About Low Blood Sugar?

Your blood sugar is too low when it is 60 or less. Low blood sugar signs come on quickly and you may feel: **Suddenly shaky, cool/sweaty, sudden faint feeling and/or nervous/jittery.**

If you get these feelings, you need to eat or drink sugar, such as:

- 1/2 cup orange juice or apple juice  
or
- 1 cup milk  
or
- 3 hard candies  
or
- 3 glucose tablets  
or
- 3 graham cracker squares

Re-check your blood sugar again in 15 minutes and retreat if less than 60.

### THE ONE HOUR EXTRA SNACK RULE

When your blood sugar is greater than 60 and your next meal or snack is more than one hour away, also have half a sandwich or three peanut butter or cheese crackers. **You must eat on time to prevent low blood sugars.**

## What Does Having Gestational Diabetes Mean to Me After I Have My Baby?

Since you have had Gestational Diabetes, you are at a greater risk of getting Type 2 Diabetes. **You are also more likely to get diabetes if you are overweight, don't exercise, and/or have a family history of diabetes.**

To prevent or delay diabetes later in life, you need to eat a healthy diet and exercise to help you control your weight.

If you would like a healthy meal plan to follow after your delivery, please call your Diabetes Educator and she will mail it to you.

Exercise is important to help you reduce your risk of future diabetes. No exercise leads to obesity. Starting a daily exercise program will also help you prevent diabetes.

Have your blood sugar tested six to eight weeks after your baby is born, and every year after that. Ask your doctor about a blood sugar test to make sure your blood sugar level is normal.



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# DIABETES

## Gestational Diabetes

Helping You Take Control





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Diabetes Services

