Gestational Diabetes

What is gestational diabetes?

Gestational diabetes is a condition in which blood sugar levels rise in pregnant women who have not had diabetes before.

Gestational diabetes can be treated, especially if diagnosed early. The best way to control gestational diabetes is to diagnose it early and treat it quickly.

Cause of gestational diabetes:

The body usually converts most foods into a type of sugar called glucose. Your body makes a hormone called insulin that takes glucose from the blood and enters the cells. In women with gestational diabetes, glucose cannot enter the cells, so the amount of glucose in the blood is higher than normal, which can lead to gestational diabetes.

Symptoms of gestational diabetes:

- Increased feeling of thirst
- Increased frequency and volume of urine
- Weight loss despite increased appetite
- Fatigue
- Recurrent infections (urinary tract infections, skin infections, ...)

Of course, you may not have any of the symptoms. Keep in mind that every pregnancy is different from the previous one. If you did not have gestational diabetes during your previous pregnancy, you may have it in your next pregnancy, or if you had it in your previous pregnancy, you may not experience it in your next pregnancy.

How to diagnose gestational diabetes:

The gestational diabetes test is known as the GTT test or glucose tolerance test, which is usually performed at 28-24 weeks of gestation. First, you drink a glass of a beverage containing 50 grams of glucose powder, regardless of the last meal, and then a blood sample will be taken from you over a period of time. If your blood sugar is normal (less than 130 mg / dL) you do not have gestational diabetes.

If you have high blood sugar, you may have gestational diabetes. In this case, to prove the disease, you should have a fasting blood sugar test 1, 2 and 3 hours after consuming 100 grams of glucose powder.

How to treat gestational diabetes

Gestational diabetes is treated in the first place by changing your diet and increasing exercise. Physical activity is good for your blood glucose because it increases your body's sensitivity to insulin.
Choose activities that are appropriate for your pregnancy. Insulin injections may be needed if changes in your diet and exercise are not enough; Leave the diagnosis to your doctor.

The goal of treatment is to keep blood sugar levels within the normal range during pregnancy. You can do this by self-monitoring your blood sugar (measuring your blood sugar with a glucometer before breakfast, and 2 hours after each meal).

Eat food in small volumes and many meals (2 to 3 snacks and 3 main meals)

Eating snacks such as chips and sweets, as well as prepared and processed foods is prohibited

Eat foods containing 15 grams of fiber per day such as whole grain bread, cucumber, lettuce, vegetables (except potatoes, corn, legumes)

Eating 2 units of vegetables per day is recommended. Because they are rich in fiber and vitamins, they are a good snack for you. Eat some fruits less that are high in glucose, such as grapes, bananas, dates and melons ...

Training the patient:

- Learn how to self-monitor blood sugar with a glucometer
- Learn how to inject and how to store insulin.
- Advise patients on insulin treatment to measure their blood sugar at least 3-4 times a day.
- It is important to remember that the best time to measure blood sugar is in the morning on an empty stomach and 2 hours after meals.
- Exercise and diet
- Increase meals with smaller volumes

Have a healthy pregnancy with exercise and proper diet.

If you have any questions or ambiguities, call the following number: 023-34220069, 34222234, Maternity ward of Motamedi Hospital