

“LIVING WELL WITH DIABETES IN PREGNANCY”

Class Diabetes Instruction is for Patients with Newly Diagnosed Gestational Diabetes:

Education For Self-Management

- This class consists of a 2-3 hour meeting in a group setting
- Classes are taught by a Registered Nurse (RN), diabetes educator
- You will also meet with one of our Maternal-Fetal Medicine specialists, who will discuss your medical history if related to your diagnosis of gestational diabetes or, if your MD requests a consultation for other medical issues you may have
- We discourage you from bringing children due to unavoidable distractions and ask that you make special arrangements
- Bringing your partner is strongly encouraged

Physician referral required

Learn How to:

- Self-manage your diabetes
- Test your blood sugar at home
- Properly use and care for blood glucose monitoring equipment



Topics Included:

- Facts about diabetes
- Meal planning/food choices
- Blood sugar monitoring
- Exercise
- Complications/risks with gestational diabetes
- Travel/vacations/holidays
- Medications
- Stress management
- Illness/emergencies
- Research/resources



Individual Diabetes Instruction for Patients with Diabetes Preceding the Pregnancy:



Education For Self-Management

- Personalized instruction with an RN, or Diabetes educator with individualized diabetes self management plan
- Designed to meet the specific needs of adults who already have been diagnosed with Type 1 DM, Type 2 DM or glucose intolerance prior to pregnancy

Physician referral is strongly recommended

- Referral for preconception management to assess both diabetes and other potential pregnancy risks are welcome
- Referral for consultation ASAP is recommended when conception is confirmed

Learn How to:

- Manage diabetes during pregnancy
- Administer insulin safely and correctly (if needed) and management of insulin pumps and continuous glucose sensors during pregnancy
- Understand the importance of balancing your blood sugar levels during pregnancy to prevent pregnancy complications
- Understand the effects of medications and exercise can have on your blood sugar control

For more information or an appointment call:

Diabetes Services :

757-689-5104 Virginia Beach, VA

757-446-7900 Norfolk, VA

757-594-3636 Newport News, VA

EVMS
OBSTETRICS AND
GYNECOLOGY

Please note we will call you to gather information before your scheduled appointment. This will help us ensure we have received all the necessary information prior to your visit and that you have been scheduled for the appropriate service. Also so we can limit the amount of time you must spend in our office for your diabetes education. If you miss our call, please call back right away and let us know how we can reach you.

Welcome to EVMS Maternal-Fetal Medicine