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### **Diabetes in Pregnancy Checklist:**

1. You may contact our office by phone at (803) 256-3534, option 5, fax (803) 254-7032, or through our patient portal ([www.myhealthrecord.com](http://www.myhealthrecord.com)) to report your blood glucose levels.
2. You will check your BG fasting and 1 hour after meals unless otherwise specified.
3. We recommend setting an alarm to help remind you to check your blood sugars.
4. You will send in blood sugars to our office on Mondays, Wednesdays, and Fridays unless otherwise specified.
5. You can call the on-call MD on nights and weekends as needed. The on-call MD can be reached at (803) 256-3534 at any time. If the office is not open, select the option to transfer to the answering service.
6. You will eat 3 meals and 3 snacks daily. It is best to space the meals and snacks by 2 to 3 hours.
7. If you have any concerns about medications or pharmacy questions with formulary changes needed, please contact us immediately.
8. Please call us with any hypoglycemia of  $<65$ .
9. Please call us with any hyperglycemia of  $>180$  if you are unsure why this occurred or feel that medication changes need to be made.
10. Exercise daily if allowed by your OB. Follow their advice about what types of exercise would be appropriate for you and the length of time that you should exercise. Walking 5 to 15 minutes after the meal can lower your post-meal blood glucose. If pre-meal insulin is used, then please notify our diabetes educators to make modifications to your exercise routine.
11. Take insulin by injection as needed. Injections will stop as soon as you deliver. There are very few medications that are FDA approved for pregnancy, so insulin is the safest PROVEN option for you and your baby.

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