Gestational Diabetes Summary

BLOOD GLUCOSE LEVELS (BGLs)

- Before breakfast:
  less than 5.1
- Two hours after main meals:
  less than 6.8
- If your BGLs are high 2-3 times (fasting or after a meal) and you're unsure why, contact the team.

CHECK BGLs 4 TIMES A DAY

- Fasting: When you wake up (before eating or drinking)
- Post-meal: 2 hours after Breakfast, Lunch & Dinner
  **Avoid eating during the 2 hour period; only water is allowed to ensure accurate readings.

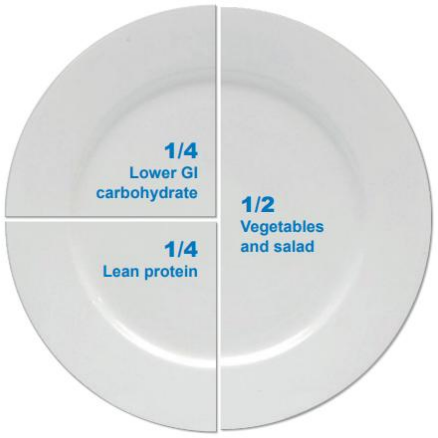
MIYA CARE APP

You will receive a link to download an app on your phone. The app will send reminders to monitor and record your BGLs, as well as provide links to educational resources.

SHARPS

Do not dispose insulin needles in the regular trash. Use the designated yellow sharps container. If you don't have one, you can get a free container from the council, Primary Care Connect or buy one at a pharmacy.

PORTION PLATE GUIDE



CARBOHYDRATES

Spread your carbohydrate intake throughout the day by having 3 main meals and 2-3 snacks in between meals.

PHYSICAL ACTIVITY

Aim for at least **30 minutes** of gentle-moderate physical activity or walking per day.

CONTACT INFORMATION

Phone: 1800 222 582 (option 4)
Mobile: 0418 377 261
Email: DIP@gvhealth.org.au