



Guidelines
InSIGHT

Your visual guide to the guidelines



women's health

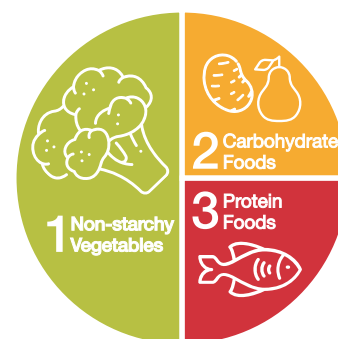
Gestational Diabetes (GDM) Treatment

Treatment begins with medical nutrition therapy, physical activity, and weight management. Insulin should be promptly added if needed to meet blood glucose goals.

Nutrition

Refer to a registered dietitian nutritionist familiar with GDM for an individualized food plan to meet physical and cultural needs.

The meal plan should provide adequate intake to promote maternal and neonatal health, achieve glycemic goals, and achieve appropriate gestational weight gain.



Physical Activity

Recommend moderate-intensity aerobic activity for 150 minutes each week, preferably spread throughout the week, plus two days per week of moderate-intensity muscle-strengthening activity, such as resistance or weights.

Goals for physical activity should be individualized, increasing the amount and intensity gradually over time.

Insulin (when needed)

Insulin is the preferred medication for treatment of GDM and should be promptly added to behavioral counseling, if needed, to achieve glycemic goals.

During GDM, insulin requirements increase dramatically from 24 weeks until delivery.

