



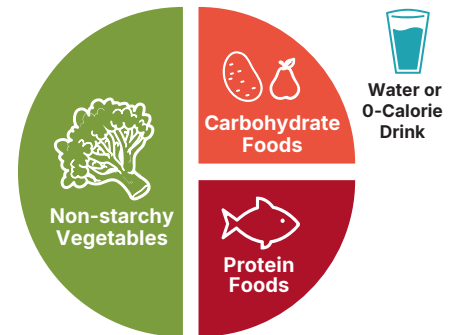
Gestational Diabetes (GDM) Treatment

Treatment begins with lifestyle modification, including medical nutrition therapy and physical activity. When needed, insulin should be initiated promptly to achieve blood glucose targets.

Nutrition

Refer to a registered dietitian nutritionist familiar with GDM for counseling on nutrition and glycemic goals.

Meal planning promotes maternal and neonatal health based on nutritional assessment with consideration to each individual's needs, both physical and cultural.



Physical Activity



Studies show moderate-intensity aerobic, resistance, or both types of activities 20 to 50 minutes per day, 2 to 7 days per week show improvements in blood glucose management.

Goals for physical activity should be individualized for individuals—with a goal of 150 minutes per week of moderate-intensity activity.

Insulin (When Needed)

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

If needed to achieve glycemic goals, insulin is the preferred medication for treatment of GDM and should be added promptly.

