

# Diabetes in Pregnancy



**DIP-Project**  
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group  
"Lombardy Region"

## Gestational diabetes therapy





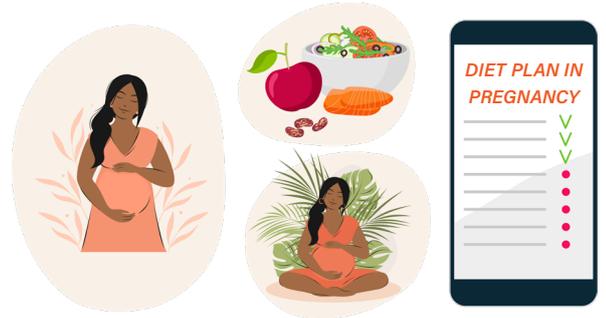
## AMD - SID Pregnancy Working Group "Lombardy Region"

### GESTATIONAL DIABETES THERAPY

If a diagnosis of gestational diabetes has been made, **a diet** will be prescribed.

**Diet and regular exercise can in most cases keep high blood glucose values under control.**

**If diet and exercise are not sufficient** to adequately control gestational diabetes, it is necessary to resort to INSULIN therapy.



**INSULIN is the only drug that can be used to treat gestational diabetes;** the use of other diabetes drugs is not permitted in pregnancy. Only under special conditions may oral metformin therapy be considered; the diabetologist will suggest it if there is an indication..



#### **INSULIN:**

It is administered with small injections under the skin before:

- **breakfast**
- **lunch**
- **dinner**
- **bedtime**



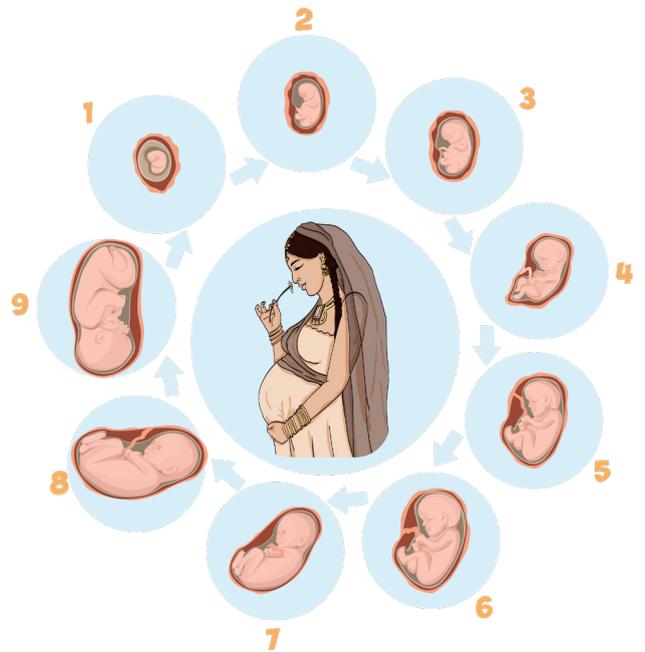
**The diabetologist will check when and how often it is needed.**

The purpose of **insulin therapy** is to **prevent excessively high blood glucose values** from causing the baby to **overgrow, thus complicating pregnancy and birth.**



## INSULIN:

- *is safe for mother and baby*
- does not pass through the placenta and therefore has ***no harmful effects on the fetus***
- is not addictive and is ***not a drug***
- it must be continued until delivery, ***then it can be interrupted***

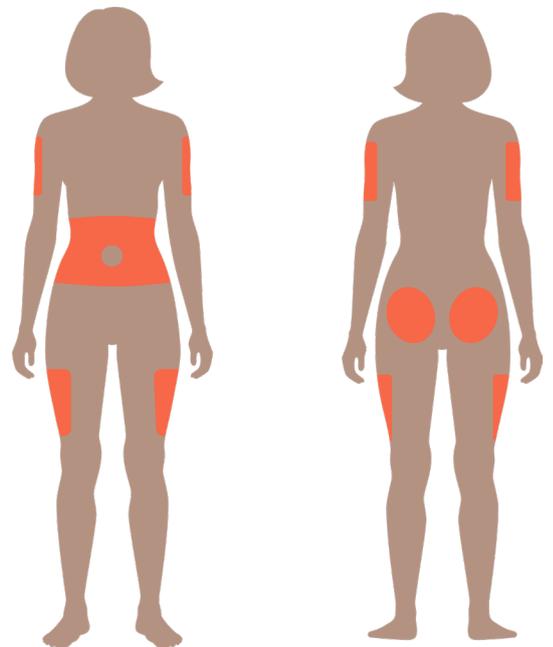


## INSULIN INJECTION:

- *is painless*

it is done with ***preloaded pens***, using a very small needle, and can be administered:

- in the abdomen
- in the arms
- in the legs



***The nursing staff at your reference centre will explain in detail how and when to administer the injection according to your doctor's instructions.***



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