

Gestational Diabetes

Prepare for your Dm2life pregnancy-focused class

What you'll learn

- Pregnancy nutrition and glucose targets
- Safe activity during each trimester
- How to read your glucose numbers with confidence
- Meal and snack planning that supports blood sugar and baby
- Postpartum follow-up and lowering future diabetes risk

Pre-class checklist

Check each item off before your session so we can spend our time on you, not on paperwork.

- ☐ Bring your provider's glucose targets and testing schedule
- ☐ Have a recent food diary or list of typical meals
- ☐ Note any food aversions or restrictions
- ☐ List current prenatal vitamins and medications

My targets and testing schedule

Copy these from your OB, midwife, or diabetes provider — targets in pregnancy are individualized.

Fasting / 1-hour / 2-hour targets and test times

Bring-your-own notes

Questions I want answered in class

Brief intake questionnaire

Answer these before class and share them at the start of our session.

- How far along are you in your pregnancy?

- Have you been given specific glucose targets?

- What is your main concern about managing diabetes during pregnancy?

My one goal for this class

Always follow your doctor or provider's advice and prescriptions. These materials are for education only and do not diagnose, treat, or replace medical care.