

WAYS TO STAY HEALTHY WITH GESTATIONAL DIABETES DURING PREGNANCY



Monitor your blood sugar levels regularly.



Eat small meals throughout the day.



Follow-up with your doctor regularly.



Stay active throughout pregnancy.



Regular self-monitoring is a key to achieve good diabetes control.



For further details on self-monitoring, consult your doctor today!

Ref: Gestational diabetes- Treatment and perspective.

Available at <https://www.diabetes.org/diabetes/gestational-diabetes/how-to-treat-gestational-diabetes>. Last accessed on 11th Aug 2020.

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