

## Diabetes during pregnancy

Our certified diabetes educators play a critical and unique role in supporting the pregnant woman with diabetes. The two-hour group class consists of a one-hour session with the registered dietitian and a one-hour session with the registered nurse at the following locations, days and times:

### Locations and classes

#### Mishawaka Medical Center

5215 Holy Cross Pkwy.  
Mishawaka, IN 46545

Wednesdays 9:30-11:30 am or 1-3 pm

#### Plymouth Medical Center

1915 Lake Ave.  
Plymouth, IN 46563

Mondays 9:30-11:30 am or 1-3 pm

Dates/times may vary based on holiday or instructor schedules.

Schedule by calling **574.335.4500**.

*Physician referral required.*

### Our Mission

We, Trinity Health, serve together  
in the spirit of the Gospel  
as a compassionate and transforming  
healing presence within our communities.



SAINT  JOSEPH  
HEALTH SYSTEM

#### Mishawaka Medical Center

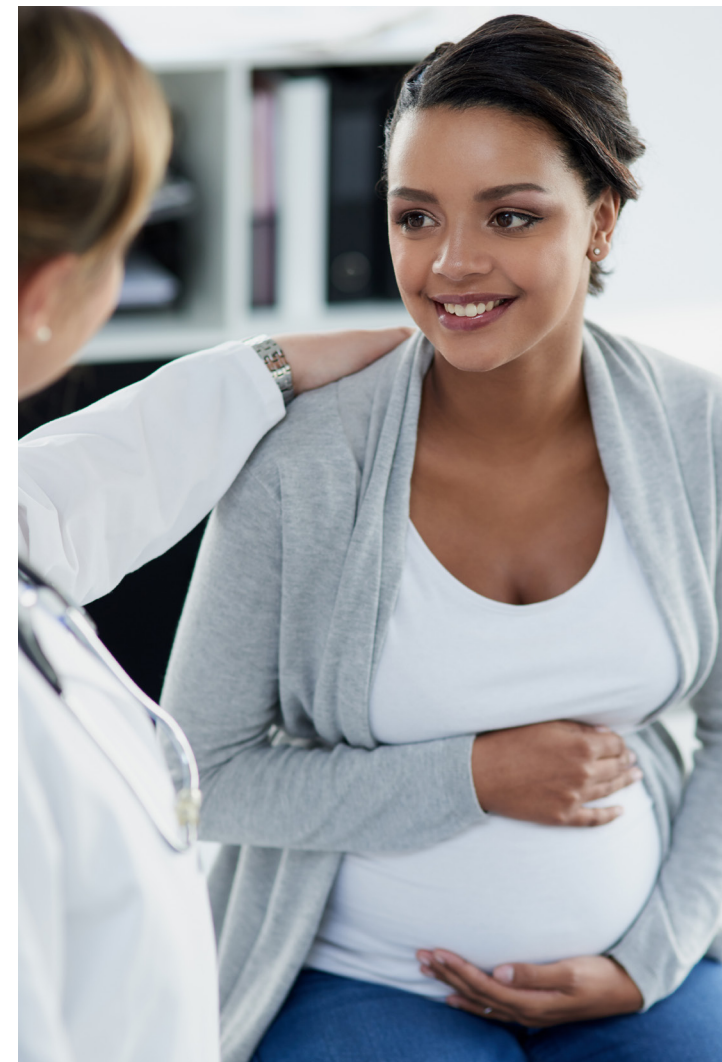
5215 Holy Cross Pkwy.  
Mishawaka, IN 46545  
**574.335.5000**

#### Plymouth Medical Center

1915 Lake Ave.  
Plymouth, IN 46563  
**574.948.4000**  
**[sjmed.com](http://sjmed.com)**

# Diabetes during pregnancy

Learn to care for  
you and your baby.



## Diabetes during pregnancy

The Saint Joseph Health System Diabetes in Pregnancy Program serves expectant mothers who have diabetes before pregnancy and those who develop it during pregnancy, also known as gestational diabetes mellitus. Certified diabetes educators provide complete, personalized care, addressing both your diabetes and your unique prenatal needs.

The intensive diabetes education self-management training helps you optimize your blood sugar control to reduce risks to your baby such as birth defects, miscarriage, pre-eclampsia and birth injuries. Beyond pregnancy, it addresses your health after delivery.



You will meet with the certified diabetes educator for a one-time, two-hour class, to learn more about managing your condition through optimal diet, exercise, self-glucose monitoring and, if prescribed, medication.

During the first hour of the group class, a registered nurse will provide an overview of diabetes during pregnancy, skill training for glucose monitoring, pattern management and, if necessary, insulin administration.

During the second hour of the session, a registered dietitian will help you identify which foods and portion sizes will help better control your blood sugar levels. We will work on balanced healthy eating, timing of meals and an individualized meal plan.



### Education topics covered:

- Preconception counseling
- Management of diabetes during pregnancy
  - What is diabetes and your specific type?
  - Treatment of diabetes
  - Blood glucose targets
  - Monitoring
  - Healthy eating
  - Being active
  - Taking medications
  - Healthy coping
  - Problem solving
  - Reducing risks for baby
- Postpartum care
  - Impact of breastfeeding on maternal and child health
  - Follow-up with healthcare provider
  - Reducing your risk of type 2 diabetes

