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INSULIN AND PREGNANCY

OBSTETRIX OF THE MOUNTAIN STATES

MATERNAL FETAL MEDICINE

IS INSULIN SAFE FOR MY BABY AND I?

- Yes, Insulin is considered the gold standard of treatment for diabetes in pregnancy when medications are needed to treat high blood sugars.





BENEFITS OF INSULIN DURING YOUR PREGNANCY

- Insulin does not cross the placenta
- Providers can adjust medication to match your body's insulin needs
- Insulin helps to keep your blood sugars in range
- When blood sugars are in range, risks to you and your baby are decreased

HOW DO I GIVE MYSELF INSULIN?

- There are two ways to administer insulin.
 - One way is with a pen and the other is with a syringe and vial.
 - There are advantages to both methods. You can decide which one is best for you, your provider can also help you if you have questions.



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INJECTING INSULIN WITH AN INSULIN PEN



INJECTING INSULIN WITH A SYRINGE AND VIAL



Press the link below for
BD's step by step guide to
injections.

[BD step by step guide to
injecting insulin](#)



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HOW MUCH INSULIN WILL I NEED?

IT DEPENDS ON PATTERNS IN YOUR BLOOD SUGARS. SOME WOMEN WILL NEED ONE INJECTION DAILY AND SOME WILL NEED MULTIPLE INJECTIONS DAILY.

IMPORTANT INFORMATION WHEN TAKING INSULIN



- Make sure you are injecting the right insulin at the right time.
- If you are taking daytime insulin, make sure to eat every 2-3 hours to avoid hypoglycemia (low blood sugar).
- If you take mealtime insulin, be sure to eat the recommended amount of carbs at each meal.
- If you are started on bedtime insulin, check your sugar around 2-3 am for a couple days and repeat if your dose is increased.

IMPORTANT INFORMATION WHEN TAKING INSULIN

- If you take insulin at bedtime, always have a bedtime snack with 15-30 grams of carbohydrates and a protein.
- Notify your provider if your blood sugars are out of range so adjustments can be made.
- It is important to continue checking your blood sugars as directed and anytime you are not feeling well.
- Always keep your meter and snacks to treat low sugar with you in case your blood sugar drops.



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TREATING LOW
BLOOD
SUGAR, ALSO
KNOWN AS
HYPOGLYCEMIA



- Please call your OB's office if you need help that cannot wait until office hours. Follow instructions on OB's phone recoding to reach the provider on call.
- Your OB provider can reach our physicians at MFM if further assistance is needed.
- Call MFM during business hours to report any concerns.
Best time to reach a nurse is: Monday-Friday from 8 am-4:30 pm

WHAT TO DO IF YOU NEED HELP AFTER HOURS

The staff at Obstetrix of the Mountain States are here to help you with your diabetes. This PowerPoint along with consulting with our team will increase your confidence and understanding. Please reach out to us with any questions or concerns. We look forward to assisting you during your pregnancy.

Educational videos and links from this presentation were obtained from the ADCES and BD.

