

## ST. VINCENT DIABETES CENTER WHAT TO EXPECT AT YOUR VISIT

Since your doctor diagnosed you as having Gestational Diabetes (GDM), he/she is aware of the important role education plays in controlling your blood sugars. St. Vincent Diabetes Center is recognized by the American Diabetes Association and your education will always include a Certified Diabetes educator. Topics that will be covered include:

- ❖ What is GDM?
- ❖ Why did I develop GDM?
- ❖ What is the treatment for GDM?
- ❖ How do I monitor my blood sugar control?
- ❖ What do I do if my blood sugar gets too high or low?
- ❖ How could this affect the baby or myself now or later in life?
- ❖ How do I plan meals for myself and my family?
- ❖ How do I interpret food labels?
- ❖ How do I eat away from home?
- ❖ What do I do if I get sick?

We're asking a few things of you before you attend to make your education session as beneficial as possible:

- ❖ The enclosed four-page assessment **MUST** be completed and brought with you to your appointment so the dietitians can develop your individualized meal plan for you. If this is not completed, your session will need to be rescheduled as the class begins on time out of respect for all those attending.
- ❖ You **MUST** register with outpatient registration by calling **338-8787** at least one business day before your appointment. If you register **less than** 24 hours before your appointment, you will need to verify your own insurance benefits for "Diabetes Education".
- ❖ You may bring one adult guest with you. No children are allowed due to safety and so that all may be attentive to the educators.
- ❖ We've enclosed some very general guidelines for you to follow prior to your appointment.
- ❖ We will provide you with a blood glucose meter at your appointment. If you want to obtain one prior to your appointment you may discuss that with your doctor's office.

You will be receiving a call from the St. Vincent Scheduling Department to schedule your appointment. If you do not hear from them within one business day of receiving this packet, please call them at 338-3224. Please don't hesitate to call the Diabetes Center at 338-2349 if you have any questions before your appointment. We look forward to meeting you.

Sincerely,

The St. Vincent Diabetes Center Staff