



### **Gestational Diabetes Next Steps**

Your recent 3 Hour Glucose Tolerance Test has confirmed that you have Gestational Diabetes.

Surveillance of this diagnosis will include the following:

- Glucose testing 4 times daily
- Referral to a Diabetes Educator through Monument Health
- Keeping a log of your daily blood sugar readings and bringing them to all your appointments so your provider can review

A glucometer and test supplies have been sent to your preferred pharmacy.

A referral has been made to Monument Health Diabetes Education. If you do not hear from them within 5 business days, please call 605-755-3300 and ask to speak to Adult Diabetes Education regarding scheduling an appointment based off your referral from your OB provider.

Take your glucometer and supplies to your appointment with Diabetes Education.

If you have any questions, feel free to call your nurse 605-342-3280.

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