Treatments for Gestational Diabetes

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En Español (Spanish Version)

The treatment and management of gestational diabetes involves lifestyle modifications (such as eating a healthy diet and beginning an exercise program), frequent daily blood sugar testing, and possibly insulin.

Gestational diabetes treatment aims to control your blood sugar level, thereby reducing possible complications to you and your baby.

Treatment involves the following:

- **Lifestyle changes**
- **Medications**
- **Alternative and complementary therapies**
- **Other treatments**

For gestational diabetes, surgical procedures are not a treatment option.

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