

Name: _____

Date: _____

METHODIST CENTER FOR DIABETES & NUTRITIONAL HEALTH
GESTATIONAL
PRE-TEST/POST-TEST

Choose ONE answer. If you do not know the answer, please leave it blank.

1. The overall goal of managing gestational diabetes is to:
 - a) Eat less food.
 - b) Keep blood sugar as near normal as possible.
 - c) Take extra vitamins
 - d) Avoid eating too many starches

2. During Pregnancy:
 - a) No growth hormones are present.
 - b) Baby can make insulin in response to high blood sugar in Mom.
 - c) Baby has no ability to make insulin.
 - d) Mom's should eat more foods high in sugar.

3. Which of the following foods contain carbohydrates?
 - a) sugar, bread, orange juice, milk
 - b) shrimp, lobster
 - c) cottage cheese, peanut butter
 - d) margarine, mayonnaise, canola oil

4. Gestational Diabetes:
 - a) Is best diagnosed between week 8 and 12 of pregnancy.
 - b) Increases your chances to develop Type II diabetes later in life.
 - c) Means you and your baby will need insulin.
 - d) Will not require any changes in eating or activity.

5. Which of the following are risk factors for Gestational Diabetes?
 - a) Being over age 25.
 - b) Having Gestational Diabetes before.
 - c) Family history of Diabetes Mellitus.
 - d) All of the above.

6. Skipping a meal or snack could:
- Make the diabetes go away.
 - Make my body produce Ketones.
 - Make blood sugars rise.
 - Is recommended to keep blood sugars in the normal range.
7. The Insulin in your body is necessary to:
- Take sugar into the cell, lowering the sugar level in the blood stream.
 - Allow for weight loss.
 - Correctly diagnosis diabetes.
 - Increase your cholesterol level.
8. Following delivery, a helpful way to lose weight is to reduce the amount of:
- Protein.
 - Carbohydrate.
 - Fat.
 - Vitamins.
9. Ketones are:
- The result of breaking down of fat.
 - Able to cross over the placenta and possibly effect the unborn.
 - Produced when Mom doesn't get enough food.
 - Checked by using Ketostix or Chemstrip K.
 - All the above.
10. When checking Ketones in the early morning urine sample, you should:
- Leave strip (after dipping in urine) until afternoon to compare color with bottle.
 - Call the Diabetes office if you show trace or greater.
 - Correct the problem by eating more sweets before bedtime.
 - Take strips out of the bottle and keep in the bathroom.

