

## **Gestational Diabetes Class**

St. Joseph's Hospital  
Level 5, Fontbonne Building

Your doctor would like you to come to the **Gestational Diabetes Class** at St. Joseph's Hospital.

### **You will learn:**

- what foods to eat during your pregnancy
- how to test your blood sugar and how often to test
- what your blood sugar goals should be

### **Your class will be:**

**Date:** Wednesday, \_\_\_\_\_

**Time:** 8:45 a.m. to 11:00 a.m.

**Place:** St. Joseph's Hospital, **Level 5, Fontbonne Building**  
**(Map on back)**

**When you arrive:** Go to the Registration Desk on 5 Fontbonne. The Registration Clerk will tell you how to get to the classroom.

**Telephone:** Call 905-533-1155 ext. 33586 if you need to cancel or change the class date or an appointment.

### **Please bring:**

- Your Health Insurance OHIP card
- A friend, family member or support person if you wish

### **After class:**

- Before you leave, the Registration Clerk will give you an appointment to come back to see the one of the clinicians in 1 week.
- You are followed in the clinic until the end of your pregnancy.
- The number of clinic visits you have depends on your blood sugar levels.

**St. Joseph's**  
Healthcare  Hamilton