

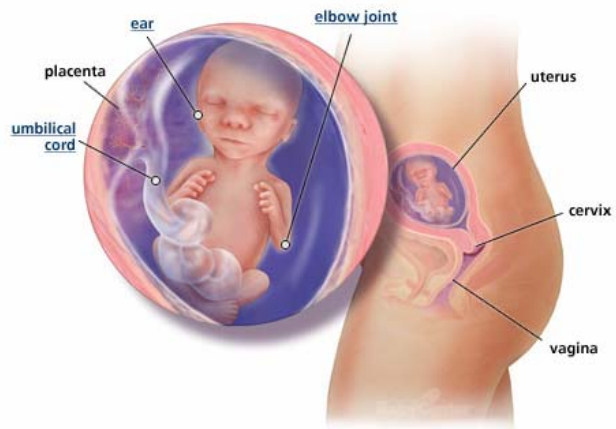
Our TTC Journey

Week 17 – March 7th – March 13th, 2008



My uterus is now about halfway between the pubic bone and navel. The secretions all over my body may increase, due to the increased blood volume. So if you I am sweating more, have nasal congestion, or am suffering from increased vaginal discharge this is nothing to worry about and will go away after the birth of the baby. So far its just a nagging cold and hacking cough that won't seem to go away.

Your baby weighs 5 ounces now (about as much as a turnip), and he's around 5 inches long. He can move his joints, and his skeleton — until now rubbery cartilage — is starting to harden to bone. His sense of hearing is also developing. The umbilical cord, his lifeline to the placenta, is growing stronger and thicker. Your baby is forming brown fat deposits under his or her skin, by the end of pregnancy this will account for 2-6% of their total body weight.



This will help them maintain their body temperature when they are born. Loud noises outside may actually cause the baby to startle.

March 7th – I went to my first GD class today and got tons of great information.

I learned that at breakfast I should have no more than 15-20 carbs.

Then my am snack follows the same rule.

My lunch is 45 carbs, afternoon snack is 30, dinner is 45 and bedtime snack is 30. So I'm ecstatic that I get to eat carbs, but I have to relearn how to eat, and at what time of day to eat those carbs. Apparently pg women are more IR during the am, so I've to keep all fruit and milk till after 12pm (basically not before lunch's meal).

And regarding carbs, they'd like it if my rice choice was brown rice instead of white rice, but rice regardless is a carb and so carb amounts have to be kept within limits. I may need to change my carb type as I test my sugars.



Beanlette's Corner

See right now brown rice may be good with my sugars. But in a few months, that same rice could raise them too much. It all depends on how the hormones come into play. During w 22-26 is when the huge hormonal surge happens and apparently I'm to see how the same food can throw me for a loop many months later, even if I can process it fine now.

I'm to keep on my Met, but if any numbers are consistently high, then I've to call my doc and possibly get on better medication. They're saying possibly glyburide for a while before moving to insulin.

She says lots of women regardless of weight get GD, and I didn't fail the baby, we just need to watch it from now on.

They don't recommend alternative site testing, but my meter is a really (well not complete pain free) painless meter, the lancet is small and doesn't require much blood. Its a freestyle lite. And my insurance covers it and I'm on this prescription refill program, so they'll send more lancets and strips as I go on.

I'll need to test 4x a day for the rest of the pg. And then 1x daily after delivery.

Since my sugars (2 hour gtt) were **TOTALLY NORMAL** two months prior to conception, I really think this is just GD, and I'll be back to fine once I'm done growing the bean. My doc thinks differently. But we'll see.

My sugars are to be:

- Fasting – 60 to 95
- 1 hour after meals – Under 130.

I am to call the doc and let them know if at any time:

- My fasting is above 110
- Any 6 after meal numbers in one week are above 130

There was lots more information. Lunch was a double cheeseburger, no bun and a side salad with ranch, and water to drink. The sugar was 109. Woohoo, its under 130, so I'll take it !!

Regarding poking my fingers, I have rotated my fingers, and am trying to find the poke holes from today's two pokes and can barely find them and the finger's not sore, so perhaps my lancet (set on 2) is just right. I use the side of my fingers, not near the nail, just above from the knuckle. Its not that painful, its more psychological. Actually plucking my chin whiskers and eyebrows hurts more than the needle, but I tolerate that pain for beauty. Stupid pcos and weird hair growth.

They don't want me testing on my palm or arm, because the tissue is thicker on the arms and palms, and if I have to massage my arm or palm too much to get the blood, I'll get more plasma than blood, and the plasma is higher in sugar, so the readings will be off. But later in life, its good to know that I can test on places other than the sensitive fingers.

I like my meter. Its small and convenient and comes with a convenient carry case and everything. I just need to get the alcohol prep pads. They recommend those if you can't wash your hands prior to testing. But make sure your hands are completely dry before testing as the wet alcohol can skew your numbers higher.

Yes, little Beanlette is worth every poke. I just feel like shouting to my child, "I gave you spinach and folic acid and this is how you repay me ... you little brat"
(i hate needles but love being pregnant)

March 8th – Sugar testing goes on. My fasting today was 112. Its over 110, which is the cutoff, so I paged the doctor on call, which is what the sheet said to do. The doc said to keep journaling for a few more days and if my numbers are consistently high to call my Peri and

get on Glyburide very soon. I have a feeling that's going to happen before my 20w checkup. I also spoke to the nutritionalists and they said that I'm to not cut carbs to please the meter. If my numbers are high they have to adjust my medication. I'll probably go back this week sometime.

March 9th – My fasting sugar was again high today. I made sure to have my fasting test within 8-10 hours of my dinner snack. I also made sure to have my 30 carbs at dinner's snack. So I don't know why it was so much higher. I'll just keep journaling. I do know that it is much easier to follow the eating plan if you have the groceries to do it. If you don't have the food you'll eat whatever you can find. So planning is the key. This meal plan will take a lot of planning. Otherwise I'm feeling fine. You'd never know my sugars were out of whack.

Oh my god we have flutters !!!!!!!!!!!!!!! Sitting here at the puter, morally supporting DH and his tax attempts there was a flutter in my tummy, in the center about 2" below the belly button, a few inches above the pubic hairline.

It felt like a muscle spasm wiggling back and forth really quickly. (I get them in my eye, my fingers and toes). It lasted for a second and was unlike anything Ive ever felt before in my entire life. Oh wow, that was weird !!!

March 10th – I'm feeling flutters and muscle spasms as I type. Its so exciting that the baby's finally getting bigger! Whew, its about time.

The flutters feel like tummy gurgling actually. Or waves of water sloshing back and forth ... or little taps/tugs for a split second, then it appears somewhere else. I don't have flatulence, so I hope its not gas !!! If I cough, the movement stops. Then if I sit still long enough, it starts again!! Too crazy!

I called my doctor because my sugars aren't staying low when I'm eating in the meal plan. I got the Glyburide medication. I am excited to see how long it will take to start working. Just as a precaution we moved some sugar in a baggie and my glass of water and meter to the bedside table in case my sugar went low in the middle of the night.

March 11th – Flutters flutters everywhere !!! Yes we have flutters all afternoon. More so after eating, but yes I've got the weird tummy grumbling feeling. My mommy friends tell me that is the baby! Today was the first day on the Glyburide and my fasting was still high this morning. But my breakfast wasn't as high. Perhaps it is the splenda in the tea. I didn't have my tea this morning. Or perhaps it was the medication working that fast.

March 12th – I'm getting more meds into my system (this is now day 2) and my lunch numbers should've been higher than they were. I had 3 mint cookies (stupid girl scouts) with my steak, rice and apple. So my carbs were 60g instead of 45g. Yikes. But my after lunch levels were 116. So this is a huge improvement. And the flutters continue !!!! I think this kid's going to be a ninja !

March 13th – Woohoo. The medicine is working and I'm finally learning to manage my GD!