Welcome

Welcome to the Vanderbilt Gestational Diabetes Program. We help you manage your condition and want to ensure the best possible health for your baby.

Clinic Information

- Clinic phone number: (615) 343-8332.
- Our team members include:
  - Dr. Shubhada Jagasia
  - Patricia Patterson, RN CDE (educational training)
  - Jennifer Williams, RD (education and diet)
  - Tiffany Smallen (scheduling)

What to Expect for Your First Visit

Your first visit may last up to three hours. This visit will include an assessment by our certified Diabetes Nurse Educator (CDE) and Registered Dietician (RD).

Patient Instructions

1. Please bring your pharmacy phone number to the educator so we may call in prescriptions for you.

2. If you need to reschedule your appointment, please call Tiffany Smallen at (615) 343-8332.

3. Check your blood sugar before each meal (breakfast, lunch and dinner) and again two hours afterward.
   - Blood sugar before meals should be below 95 mg/dl.
   - Blood sugar two hours after meals should be below 120 mg/dl.
   - If you are unable to check two hours after meals, check at one hour after a meal. Blood sugar one hour after a meal should be below 140 mg/dl.

4. If you have repeated abnormal blood sugar readings, please notify Patricia Patterson through My Health At Vanderbilt or call (615) 343-8332.

5. Keep a log of all your blood sugar readings (we will provide you with the log) and bring it with you to every appointment. Please send us your blood sugar log between each visit through My Health At Vanderbilt or fax it to us at (615) 343-4278.