Table 2: Maternal and neonatal outcomes. Results are presented as n (%), except when stated otherwise

|  |  |  |  |
| --- | --- | --- | --- |
|  | Exercise | Control | RR (95%CI)  or Pvalue |
|  | n=55 | n=52 |  |
| Insulin prescription | 31 (56.4%) | 24 (46.2%) | 1.22 (0.84-1.78) |
| Delay before insulin prescription (days): mean (SD) | 16 (13) | 17 (15) | p=0.62 |
| Maximum dose of insulin (Units/day): mean (SD) |  |  |  |
| Short acting | 7.3 (9.6) | 5.0 (4.8) | p=0.26 |
| Intermediate acting | 9.4 (11.2) | 8.5 (4.4) | p=0.67 |
| Weight gain from randomisation to delivery (kg): mean (SD) | 3.4 (4.1) | 3.5 (2.8) | p=0.93 |
| Preterm delivery | 5 (9.1%) | 5 (9.6%) | 0.95 (0.29-3.08) |
| Induction of labour | 31 (56.4%) | 35 (67.3%) | 0.84 (0.62-1.13) |
| Caesarean section | 22 (40.0%) | 13 (25.0%) | 1.60 (0.90-2.83) |
| Vaginal delivery | 33 (60.0%) | 39 (75.0%) |  |
| Spontaneous | 25 | 31 |  |
| Instrumental | 8 | 8 |  |
| Birthweight (grams): mean (SD) | 3337 (559) | 3245 (459) | p=0.35 |
| Macrosomia (4000 gr or more) | 11 (20.0%) | 6 (11.5%) | p=0.29 |
| Apgar score less than 7 at 5’ | 1 | 0 |  |
| Neonatal resuscitation | 2 | 2 |  |
| Neonatal complications | 5 | 6 |  |
| Jaundice | 1 | 2 |  |
| Respiratory distress | 2 | 2 |  |
| Others | 2 | 2 |  |