



Blood Glucose Monitoring & Gestational Diabetes (GDM)

People with GDM should check blood glucose when appropriate based on their care plan.

This may include:

- Fasting
- One to two hours after meals

If taking insulin, encourage checks:

- Before meals
- At bedtime
- With symptoms of high or low blood glucose



When necessary, insulin is the preferred medication for treating hyperglycemia in addition to lifestyle and behavior management.*



Blood Glucose Target Range:

- Fasting <95mg/dL
- One-hour after a meal <140mg/dL, or
- Two-hours after a meal <120mg/dL

*If taking insulin, timely adjustments should be made to meet glycemic targets.

There are some substances that may interfere with glucose meter accuracy such as vitamin C and acetaminophen.

