



Blood Glucose Monitoring & Gestational Diabetes (GDM)

You will check your blood glucose (blood sugar) based on your care plan.

The times to check include:

- When you wake in the morning before breakfast
- One or two hours after the beginning of meals

If you're taking insulin, you may check at other times as well. Work with your health care team to find out what times are best for you.



Along with your eating plan and staying active, insulin is usually used, when necessary, to manage blood glucose.



If you're taking insulin, your health care provider will adjust insulin based on your needs during pregnancy.

Blood Glucose Target Range:

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

Some things like vitamin C and acetaminophen will affect the results of your blood glucose meter.

