

Glucose Monitoring in Gestational Diabetes

People with gestational diabetes 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 testing:



Before meals



At bedtime

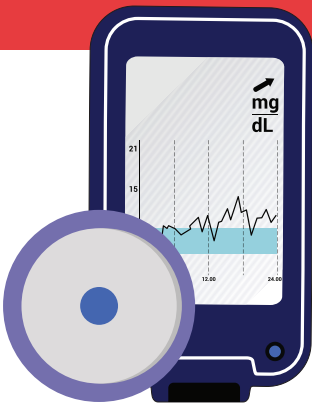


With symptoms of high or low blood glucose

When used in addition to pre and postprandial blood glucose monitoring, continuous glucose monitoring can help to achieve the A1C target in diabetes and pregnancy.



Insulin is the preferred treatment for hyperglycemia, alongside lifestyle and behavior management.



CGM metric targets may be used in addition to pre and postprandial glycemic targets

BLOOD GLUCOSE TARGETS:

Fasting <95mg/dL

One hour after a meal <140mg/dL

Two hours after a meal <120mg/dL

PREGNANCY A1C TARGET:

<6% if can be achieved without significant hypoglycemia

Type 1 Diabetes Pregnancy Target Ranges (mg/dL)

