Glucose Monitoring During Pregnancy

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.

Blood glucose target range for people with type 1 diabetes during pregnancy:
- Fasting: <95 mg/dL
- One hour after a meal: <140 mg/dL
- Two hours after a meal: <120 mg/dL

Pregnancy A1C target:
- <6% if can be achieved without significant hypoglycemia

Type 1 Diabetes Pregnancy Target Ranges (mg/dL)

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

Supported in part by the Women’s Health Initiative of the American Diabetes Association® (ADA)