



# Blood Glucose Monitoring & Gestational Diabetes (GDM)

People with GDM should check blood glucose 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 hyperglycemia or hypoglycemia



**Insulin is the preferred medication for treating hyperglycemia and may need to be added to lifestyle and behavior management.**



## Blood glucose targets:

- Fasting: <95mg/dL
- One hour after the start of a meal: <140mg/dL
- Two hours after the start of a meal: <120mg/dL

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

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

