



Glucose Monitoring During Pregnancy

It is important to monitor your blood glucose during your pregnancy to prevent complications for you and baby.

This may include testing:



Fasting

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One or two hours after meals

If taking insulin, encourage testing:



Before meals



At bedtime



With symptoms of high or low blood glucose

Continuous glucose monitors (CGM) can help you achieve your A1C target during pregnancy.



CGM metric targets may be used in addition to before and after meal blood glucose targets

BLOOD GLUCOSE TARGET RANGE FOR PEOPLE WITH DIABETES DURING PREGNANCY:

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 low blood glucose

Diabetes in Pregnancy CGM Target Time in Range (mg/dL)

