



# Glucose Monitoring During Pregnancy

People with gestational diabetes should check blood glucose when appropriate based on their care plan.

This may include:

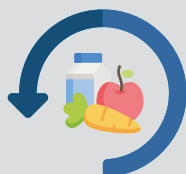


Fasting

&

One or two hours  
after meals

If taking insulin, encourage testing:



Before meals

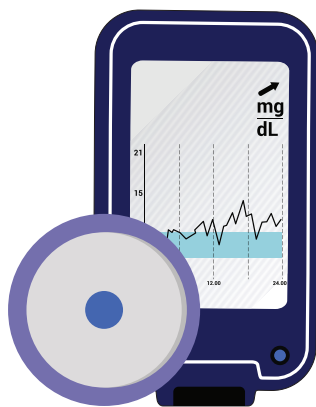


At bedtime



With symptoms of  
high or low blood  
glucose

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



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

## Diabetes in Pregnancy CGM Target Time in Ranges (mg/dL)

