



Blood Glucose Monitoring and Gestational Diabetes (GDM)

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

This may include:

- Fasting
- 1 to 2 hours after meals

If taking insulin, encourage checks:

- Before meals
- At bedtime
- With symptoms of high or low blood glucose



Continuous glucose monitoring (CGM) can help people with diabetes achieve blood glucose targets during pregnancy.

Blood glucose target range:

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

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

There are some substances that may interfere with accuracy when monitoring blood glucose, such as vitamin C and acetaminophen.

