



Blood Glucose Monitoring During Pregnancy

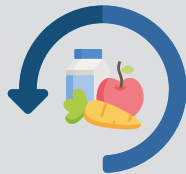
People with gestational diabetes should check blood glucose when appropriate based on their care plan.

This may include:



Fasting
and
One or two hours
after meals

If taking insulin, encourage testing:



Before meals

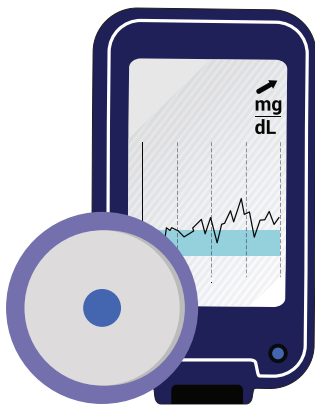


At bedtime



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 blood glucose targets 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)

