



Guidelines
InSIGHT

Your visual guide to the guidelines



women's health

Blood Glucose Monitoring & Gestational Diabetes (GDM)

You will check your blood glucose (blood sugar) based on your care plan.

The times to check include:

- When you wake in the morning before breakfast
- One or two hours after the beginning of meals

*If you're taking insulin, you may check at other times as well. Work with your health care team to find out what times are best for you.



Along with your eating plan and staying active, you may be prescribed insulin to manage your blood glucose.



If you're taking insulin, your health care provider will adjust the dose based on your needs during pregnancy.

Blood glucose targets:

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

Substances like vitamin C and acetaminophen will affect the results of your blood glucose meter.

