



# 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, insulin is usually used, when necessary, to manage blood glucose.**



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

**Blood Glucose Target Range:**

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

**Some things like vitamin C and acetaminophen may affect the results of your blood glucose meter.**

