



Glucose monitoring during pregnancy

High blood sugar can raise the risk of a miscarriage or of birth defects in the baby. Check your blood glucose regularly. Even more important is to maintain your blood sugar at that goal for at least the critical first 3 months of pregnancy. That is when the baby is developing quickly, and the time when birth defects can occur if blood sugar levels are high.



Check your blood sugar throughout the day.

If the level is too high or too low, you can correct it quickly.

- At minimum, check your blood sugar when you wake and 1 hour after each meal.
- Follow your doctor's orders. Your doctor may want you to check again 2 hours after eating or during the night.

Blood glucose goals during pregnancy

Fasting: 65-90 mg/dL

1 hr after a meal: less than or equal to 140 mg/dL

2 hrs after a meal: less than or equal to 120 mg/dL



Test for ketones first thing in the morning (fasting).

Call your health care provider if you have moderate to large amounts of ketones. If your blood sugar is normal and you have moderate to large ketones, you may need more food or calories before bedtime.



Test for ketones when your blood sugar is greater than 140 mg/dL

(some doctors prefer greater than 200) or when you are ill. Call your health care provider if you have moderate to large amounts of ketones. If your blood sugar is high and you have moderate to large ketones, this may indicate that you need more insulin or may need to be placed on insulin.



Call your doctor for any of these reasons:

- ✓ Your blood sugar results are often above your target range
- ✓ Your blood sugars are always greater than 140 mg/dL
- ✓ You have moderate to large amounts of ketones
- ✓ You have signs of low blood sugar more than twice in one week



Treating low blood sugar during pregnancy

If you are feeling these signs of low blood sugar:

Shaky

Difficulty talking

Irritability

Headache

Dizziness

Cold sweat

Blurry vision

Drowsiness

Check your blood sugar and treat immediately!

If you are feeling bad and sweating a lot, follow one of the treatment plans below and then re-check your blood sugar.

2 ways to treat your low blood sugar

1 If your blood sugar is 50-70 mg/dL

- ✓ Drink one 8-oz. glass of low-fat milk or chew 2-3 glucose tablets.
- ✓ Wait 15 minutes and test your blood sugar again.
- ✓ If your blood sugar is still less than 70 mg/dL, drink a second glass of milk or chew more glucose tablets to reach your desired goals.

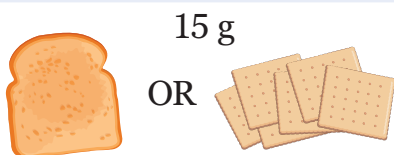
Note: One glucose tablet will increase your blood sugar by about 20 points.

- ✓ Wait 15 minutes and test again.
- ✓ If your blood sugar is still less than 70 mg/dL, repeat the treatment:
Eat a slice of bread and drink a third glass of milk, or chew more glucose tablets.

2 If your blood sugar is less than 50 mg/dL

- ✓ Drink 1/2 cup of orange or apple juice or 1/3 cup of grape juice or chew 2-3 glucose tablets.
- ✓ Wait 15 minutes and test blood sugar again.
- ✓ If your blood sugar does not rise by 20 points, repeat the treatment.
- ✓ Continue to take a simple glucose (juice or glucose tablets) until your blood sugar is above 70 mg/dL.
- ✓ If it is going to be more than 1 hour before your next meal, eat:

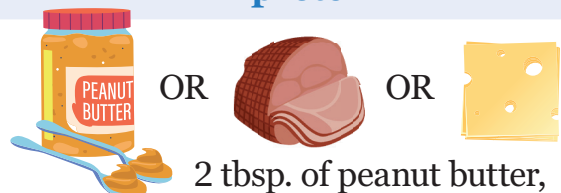
A complex carb



15 g
OR
1 slice of bread or 6 crackers



A protein



OR
2 tbsp. of peanut butter,
slice of ham or 1 oz. of cheese