



Monitoring Diabetes During Pregnancy

Blood Glucose Testing

Test your blood glucose ___ times a day:

- | | |
|---|--|
| <input type="checkbox"/> before breakfast | <input type="checkbox"/> ___ hours after breakfast |
| <input type="checkbox"/> before lunch | <input type="checkbox"/> ___ hours after lunch |
| <input type="checkbox"/> before dinner | <input type="checkbox"/> ___ hours after dinner |
| <input type="checkbox"/> before bedtime snack | <input type="checkbox"/> Other _____ |

Blood Glucose Goals

Before breakfast:	95 mg/dl or less
1 hour after meals:	Less than 140 mg/dl
2 hours after meals:	Less than 120 mg/dl

If your blood glucose is over these targets, call your doctor or diabetes educator.

Ketone Testing

Test urine ketones:

- the first morning urine specimen
- if your blood sugar is 200 mg/dl or higher
- if you don't feel well
- if you miss a meal or snack

Ketones should be negative. Positive (small, moderate, or large) ketones may mean you are not eating enough, have gone too long without eating, or are dehydrated. Call your doctor or diabetes educator for advice.