Monitoring Diabetes During Pregnancy

Blood Glucose Testing
Test your blood glucose ___ times a day:
☐ before breakfast     ☐ ___ hours after breakfast
☐ before lunch        ☐ ___ hours after lunch
☐ before dinner       ☐ ___ hours after dinner
☐ before bedtime snack ☐ 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.

For more information, check our Web site at: www.amc.edu/diabetes