



Home Monitoring for Diet-controlled Gestational Diabetes

Following the suggestions on the handout “Avoiding Gestational Diabetes”, eat three meals and two or three snacks every day – be sure snacks include protein. Get at least 45 minutes of exercise every day (walking after meals is an excellent idea).

Before eating, test your first morning urine for ketones. If your test strip goes positive for ketones on two or more mornings in a week, contact us – you may need more calories.

Test your blood glucose four times a day:

1. First thing in the morning before eating
2. One hour after finishing breakfast
3. One hour after finishing lunch
4. One hour after finishing dinner

Record all values in the provided chart. Target levels are listed below. Please email this chart to us every week.

If, after two weeks of monitoring, everything has been within the target ranges, you can decrease monitoring to two days per week (do first morning urine ketones and all four blood sugars as described above).

Target Levels

- Ketones: none
- Before Breakfast (fasting) blood glucose: 60 to 96 mg/dl
- One hour after a meal blood glucose: under 140 mg/dl

Important: You may experience hypoglycemia (weakness, dizziness, nausea, sweating and hunger) if your blood sugar level drops too low. Hypoglycemia can be serious if it is not treated. If you experience hypoglycemic episodes two or more times in a week, let us know right away.

Tips:

- When testing blood sugars, prick the sides of your fingers rather than the tips, it will be more comfortable.
- Carbohydrate foods may be less well-tolerated in the morning – if your after-breakfast values are often high, try eating mainly protein foods for breakfast.