

Checking Your Blood Sugar During Pregnancy



The only way to make sure your blood sugar stays in a normal range is to check it regularly. You will most likely be asked to check your blood sugar at home 1 or more times a day. Your healthcare provider will teach you how. They may also ask you to test your urine at home.



Checking your blood sugar at home

Your healthcare provider will discuss the best way and times for you to check your blood sugar. They will show you what to do. Your blood sugar is usually highest about an hour after you eat. You can check it using a blood glucose meter.

- Read the instructions that come with your meter. Follow them carefully.
- Write down your blood sugar level every time you check it. Bring the list of blood sugar levels to all your appointments with your healthcare provider. Also bring your glucose meter.

When to call your healthcare provider

Your blood sugar should be at these levels:

Less than ____ when you get up.

Less than ____ after breakfast.

Less than ____ after lunch.

Less than ____ after dinner.

Check your blood sugar when you get up. Check it 1 to 2 hours after breakfast, lunch, and dinner, as your healthcare provider instructs.

Your healthcare provider will tell you what to do if your blood sugar is higher than it should be.

Call your healthcare provider if your blood sugar is above _____ for more than _____ .

If you test your urine at home

If you don't eat enough, your body will burn fat to get energy. This leaves ketones in your urine. Your healthcare provider may have you check your urine for ketones each morning. You'll do this with special strips of paper. They change color if there are ketones in your urine. This may mean that you're not getting enough calories. Your healthcare provider may make changes in your meal plan.

When to call your healthcare provider

Call your provider if you have ketones in your urine for more than 2 days in a row.

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