



Glucose Monitoring During Pregnancy

It is important to monitor your blood glucose during your pregnancy to prevent complications for you and baby.

This may include testing:



Fasting

&

One to two hours after meals

If taking insulin, encourage testing:



Before meals

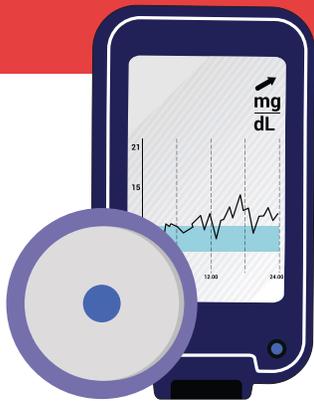


At bedtime



With symptoms of high or low blood glucose

Continuous glucose monitors (CGM) can help you achieve your A1C target during pregnancy.



CGM metric targets may be used in addition to pre and postprandial glycemic targets

BLOOD GLUCOSE TARGET RANGE FOR PEOPLE WITH TYPE 1 DIABETES DURING PREGNANCY:

Fasting <95mg/dL

One hour after a meal <140mg/dL

Two hours after a meal <120mg/dL

PREGNANCY A1C TARGET:

<6% if can be achieved without significant low blood glucose

Type 1 Diabetes Pregnancy CGM Target Ranges (mg/dL)

