

## INSTRUCTIONS FOR GESTATIONAL DIABETES

Blood sugar (glucose) supplies have been sent to your pharmacy.

Please use the blood glucose meter manufacturer instruction video or YouTube video for immediate instruction on how to perform the test.

The purpose of blood glucose monitoring is to determine how the nutrition meal plan (consistent carbohydrate) controls blood sugar during a pregnancy with gestational diabetes mellitus.

### *Blood Glucose Monitoring Procedure:*

- wash your hands with warm soap and water to increase circulation. Make sure hands are dry.
- pierce the SIDE of any finger, not the tip. Less nerves on the side of fingers, but the same amount of blood.

### *Test ONLY 4 times per day*

- Fasting (before breakfast)
- One hour OR two hours after breakfast, lunch and dinner (timing of this test starts at first bite. If you start breakfast at 8am then test blood sugar at 9am).
- Record results
- Make sure you dispose the sharp lancet (needle) in a thick plastic, tin or glass container and not the trash. Once the container is full, then deposit into trash.

### *Blood Glucose Goals During Pregnancy:*

- fasting / premeal 70-95
- 1 hour after (first bite) meals < 140
- 2 hours after (first bite) meals < 120

For telehealth appointments: upload and send blood glucose logs to [NOGCdiabetes@nogconsultants.com](mailto:NOGCdiabetes@nogconsultants.com)

For in-person appointments: bring blood glucose daily logs