

Checking Your Blood Sugar When you have Gestational Diabetes

When you have gestational diabetes, it is very important to control your blood sugar all of the time.

When should I check my blood sugar?

You should check your blood sugar:

- before breakfast **and**
- 2 hours after breakfast, lunch and dinner

What should my blood sugar levels be?

- before breakfast, blood sugar should be less than 5.2
- 2 hours after breakfast, lunch and dinner, blood sugar should be between 3.5 and 6.5

What should I do if my blood sugar is too high?

After checking your blood sugar, follow these steps:

1. Review your meal plan and diet to be sure you are following it. Write down what you eat in your diary. Contact your Dietitian to help with diet questions or a meal plan.
2. If your blood sugar is higher than 6.5 the next day, talk to your doctor.

If you have any questions about how to check your blood sugar or what the results mean, call your Diabetes Nurse or Dietitian:

Diabetes Nurse:
Mary Beth Neibert
905-522-1155 ext. 3201

Dietitian:
Melody Malkiewich
905-522-1155 ext. 3451

