



AT-HOME BLOOD GLUCOSE LOG

Diabetes occurs when blood glucose, also called blood sugar, is too high. One form, called gestational diabetes, develops during pregnancy in about 8 out of 100 women.

Insulin, a hormone, helps keep blood sugar levels in a normal range. During pregnancy, hormone changes can make it harder for the body to use insulin. This is called insulin resistance. Gestational diabetes happens when the body doesn't make enough extra insulin during pregnancy.

For many moms, gestational diabetes is temporary and usually resolves itself after delivery. But women who have had it have a **68% higher chance of getting cardiovascular disease** and a higher risk of having diabetes again later in life. Because it can also affect your baby's health short and long term, be sure to manage diabetes while pregnant.

Use the next pages to keep track of your blood sugar levels and bring them to your appointment with your health care professional. Test your blood glucose levels 4 times per day:

- Before breakfast (after fasting overnight)
- 1-2 hours after breakfast
- 1-2 hours after lunch
- 1-2 hours after dinner

Track what you eat and drink, including snacks outside of meals.

Talk to your health care professional about key measurements to track.

Blood sugar goals can be different for each woman, but the American Diabetes Association suggests these targets:

- Fasting: 95 milligrams per deciliter (mg/dL) or less
- One hour after a meal: 140 mg/dL or less
- Two hours after a meal: 120 mg/dL or less

Call your health care professional if you have blurry vision, headaches, feel weak or confused or are excessively thirsty.

GESTATION: _____ WEEKS

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DATE	BREAKFAST			LUNCH		DINNER	
	Food/Drink	Before (Fasting)	After	Food/Drink	After	Food/Drink	After
		Time: Reading:	Time: Reading:		Time: Reading:		Time: Reading:
		Time: Reading:	Time: Reading:		Time: Reading:		Time: Reading:
		Time: Reading:	Time: Reading:		Time: Reading:		Time: Reading:
		Time: Reading:	Time: Reading:		Time: Reading:		Time: Reading:
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For more information on gestational diabetes, visit goredforwomen.org/pregnancy.