



Checking Your Blood Sugar During Pregnancy



You are 26 weeks pregnant. You were told a month ago that you had gestational diabetes (GDM). You are not taking any medicine. For the past month your blood sugar has been in the target goal range with healthy food choices and walking for 20 minutes 2-3 times a week. During the past week you noticed that your blood sugar is higher than the target goal range. Your logbook for last week looks like this:

Date	Fasting	After Breakfast	After Lunch	After Dinner	Bedtime	Comments
Sunday	100	90	115	145		Drove home from Big City, no walking
Monday						
Tuesday	110	95	120	120		Walked before dinner
Wednesday	100					
Thursday		92	112	155		No walking
Friday	120	125		115		Walked before dinner
Saturday						Drove to Big City, forgot meter

1. What does your logbook tell you about your blood sugar and reaching target blood sugar goals?

2. Is there anything you would do differently about checking your blood sugar and writing results in your logbook? What are some missing items in this logbook?

3. What would you and your health care team do to improve your blood sugar?





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1. What does your logbook tell you about your blood sugar and reaching target blood sugar goals?

Writing blood sugar numbers in a logbook helps you:

- look for patterns in blood sugar
- think about possible reasons for changes in blood sugar patterns
- see if the numbers are in the target range

This logbook:

- shows blood sugar is not always at target blood sugar goal; compare numbers to target goals
- shows blood sugar is higher after dinner
- walking seems to help after dinner blood sugar

2. Is there anything you would do differently about checking your blood sugar and writing results in your logbook? What are some missing items in this logbook?

This logbook:

- does not tell when blood sugar is done after meals (i.e., 1 hour vs. 2 hours)
- is missing 2 days completely
- only has 2 days when blood sugar is tested at least 4 times a day

These things would improve the logbook information:

- write down time of checking and time of meal; i.e., 1 hour or 2 hours after meal.
- check at least 4 times a day
- write down food/drinks, activity, ketones and feelings

Problem-solve things that make it hard to check blood sugar often and/or write numbers in a logbook.

3. What would you and your health care team do to improve your blood sugar?

These things can help improve blood sugar:

- adjust food choices
- adjust physical activity
- add/adjust insulin
- manage stress



