



Healthy Behaviors: Blood Sugar Monitoring During Pregnancy



Blood Sugar Testing	Never	Thinking about it	Ready to start	Doing it now
I check my blood sugar 4 times a day.				
I keep my blood sugar before breakfast between 60 and 90.				
I keep my blood sugar 2 hours after meals between 100 and 120.				
I write down reasons for high and low blood sugar in my logbook.				
I make changes to reach my target blood sugar goals.				
I bring my blood sugar meter and logbook to clinic visits.				





Gestational Diabetes — How to Have a Healthy Baby



(See separately packaged visuals.)





Target Blood Sugar Goals for Pregnancy



Fasting	60-90 mg/dl
1 Hour After a Meal	100-140 mg/dl
2 Hours After a Meal	100-120 mg/dl

Blood sugar goals are for whole blood glucose.





My Prenatal Record Book



(See separately packaged visuals.)





Sample Diabetes Record for Pregnancy (blank)

Date: _____

Time	Blood Sugar	Ketones	Diabetes Medicine	Meal (M) Snack (S)	Food/Drinks (Name/Amount)	Activity (Kind/Length of Time)	Kick Counts	Feelings

More than one line may be used for food/drinks and activity if needed.





Sample Diabetes Record for Pregnancy (with data)

Date: _____

Time	Blood Sugar	Ketones	Diabetes Medicine	Meal (M) Snack (S)	Food/Drinks (Name/Amount)	Activity (Kind/Length of Time)	Kick Counts	Feelings
9:30 AM	105	NEG	10 units Regular 20 units NPH	M	1 cup milk, 1 small apple, 1/2 cup oatmeal sweetened with Nutrasweet®, 1 piece of lean ham and 1 scrambled egg	30 minutes walking	15	relaxed
12:30 PM	117	NEG	none	M	2 pieces of bread with 2 pieces of lean turkey breast, mustard, lettuce and tomato, 1 medium peach, 1 cup water	none	10	calm





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

