



Patient Information

Blood Glucose Monitoring in Gestational Diabetes



Overview

When you have diabetes in pregnancy, it is important to manage your blood glucose level to help you avoid long-term complications and to reduce complications for your baby in pregnancy and during delivery.

Monitoring your blood glucose levels yourself with a blood glucose meter is an effective way to help you manage gestational diabetes. It is normal for your blood glucose levels to change throughout your pregnancy which is why you need to test until your baby is born.

We will provide you with a pack that consists of a Contour Next Blood Glucose Meter, a supply of blood glucose test strips and a finger pricking device. Please ensure that you hand the prescription request letter in to your GP in order to get a repeat prescription.

Please note the hospital does not issue any repeat prescriptions, these are provided by your GP.

Our Values

Service Teamwork Ambition Respect



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How to test your blood glucose levels

The midwives will show you how to test your blood glucose, but always remember the following:

- Wash your hands before you do a test
- Ensure the test strips are 'in date'
- Use a new strip and lancet for each test and dispose of them safely in the yellow sharps bin provided by your GP
- Quality control test your meter as instructed on the pack
- Please use the sheets provided or a pregnancy diary to record your results
- You may need to test more often if you are unwell

When to test and the target range in pregnancy

You will need to test your blood glucose levels before breakfast and one hour after every meal, unless requested to test at different times.

The target blood glucose levels are:-

- **Before meal: less than 5.3mmol/l**
- **1 hour after a meal: less than 7.8mmol/l**

Please contact the Diabetes Specialist Nurses on 01793 604054 if you have any readings above target on two consecutive days or contact the Midwives on Day Assessment Unit on 01793 604825.

Further information

Please contact the Midwives on Day Assessment Unit for any general advice about your pregnancy.

It is recommended that you visit www.swindondiabetes.co.uk and download the **Eating Well with Gestational Diabetes** leaflet which was written by the Diabetes Dietitians with you in mind.

For further advice about diet please contact the Diabetes Dietitian on **01793 605149**.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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