

## **BLOOD GLUCOSE TESTING**

### **Test your blood glucose using your glucometer 4 times per day.**

1. BEFORE breakfast- this is called a fasting blood sugar.
2. 1 hour AFTER starting breakfast.
3. 1 hour AFTER starting lunch.
4. 1 hour AFTER starting supper.

#### **IMPORTANT**

THE TARGET VALUE FOR A FASTING BLOOD SUGAR IS LESS THAN 5.3

THE TARGET VALUE FOR BLOOD SUGAR TAKEN 1 HOUR AFTER STARTING A MEAL IS LESS THAN 7.8

Call your doctor or the Gestational Diabetes Clinic, if you results are higher than the target range more than half of the time or if you are having repeated symptoms of hypoglycemia (low blood sugar).

### **URINE TEST FOR KETONES**

1. Test urine for ketones daily when you first get up in the morning.
2. Call the dietitian if your ketones are consistently higher than trace.

If blood sugars are within target range and no ketones are present in the urine, you may be instructed to reduce blood glucose testing to three times per week.