

## **Blood Sugar Monitoring: During Labour & Postpartum**

When you come to the hospital to deliver, bring your glucometer with you.

You will be asked to check your blood sugar while you are in labour. If you are using insulin, you do **not** need to bring it with you. If you require insulin, the nurses will provide it to you.

**Following delivery**, it recommended that you test your blood sugar 4 times a day for the first 2 days.

The time at which you test changes however. You will now test your blood sugar:

Before Breakfast

Before Lunch

Before Dinner

Before Bed

Please note that the target ranges for blood sugars following delivery are DIFFERENT than the targets during pregnancy. Your blood sugars should now range between **4-7mmol/L** before meals. If your blood sugars have not returned to this range, please let your family doctor know.

Anytime between 6 weeks to 6 months after your baby is born, it is recommended that you have a repeat Oral Glucose Tolerance Test (OGTT). This can be arranged through your family doctor.