

DIABETES IN PREGNANCY PROGRAM

Targets for Glucose Control

Diabetes in Pregnancy

Recommended Blood Glucose checks:

- 4 checks per day
- Before breakfast AND 1 hour after each meal

Fasting..... Less than 95 mg/dL

Post-meal
glucose 1 hour
after the start
of the meal Less than 140 mg/dL

Hypoglycemia
(Low blood glucose).... Less than 70 mg/dL

Diabetes in Pregnancy Program Contact Information

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*Adapted from: American Diabetes Association: Clinical Practice Recommendations, Diabetes Care, 2021
American College of Endocrinology: Clinical Practice Guidelines, 2021*



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