



AT-HOME BLOOD GLUCOSE LOG

Diabetes occurs when blood glucose, also called blood sugar, is too high. One form — gestational diabetes — develops during pregnancy in about 6 out of 100 women.

Insulin, a hormone, helps keep blood sugar levels in a normal range. But during pregnancy, hormonal and other changes can cause the body to not use insulin well, a condition known as insulin resistance. Gestational diabetes is when the body doesn't make enough extra insulin to compensate during pregnancy.

For many moms, gestational diabetes is temporary and usually resolves itself after delivery. But women who have had the condition have a **68% higher chance of developing cardiovascular disease** and an increased risk of having diabetes again later in life. Because it can also affect your baby's health short and long term, be sure to manage diabetes while pregnant.

Keep an accurate recording of your blood glucose levels on the following pages and show it to your health care professional during your appointments. Test your blood glucose levels 4 times per day:

- Before breakfast (after fasting overnight)
- 1-2 hours after breakfast
- 1-2 hours after lunch
- 1-2 hours after dinner

And be sure to track what you eat and drink, including snacks outside of meals.

Talk to your healthcare provider about key measurements to track.

Glycemic goals among women will vary, but the American Diabetes Association recommends the following targets:

- Fasting: 95 milligrams per deciliter (mg/dL) or less
- One hour after a meal: 140 mg/dL or less
- Two hours after a meal: 120 mg/dL or less

If you have blurry vision, headaches, feel weak or confused, or are excessively thirsty, call your health care provider.

GESTATION: _____ WEEKS

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DATE	BREAKFAST			LUNCH		DINNER	
	Food/Drink	Before (Fasting)	After	Food/Drink	After	Food/Drink	After
		Time:	Time:		Time:		Time:
		Reading:	Reading:		Reading:		Reading:
		Time:	Time:		Time:		Time:
		Reading:	Reading:		Reading:		Reading:
		Time:	Time:		Time:		Time:
		Reading:	Reading:		Reading:		Reading:
		Time:	Time:		Time:		Time:
		Reading:	Reading:		Reading:		Reading:
		Time:	Time:		Time:		Time:
		Reading:	Reading:		Reading:		Reading:
		Time:	Time:		Time:		Time:
		Reading:	Reading:		Reading:		Reading:

For more information on gestational diabetes, visit goredforwomen.org/pregnancy.

To get support, ask questions and share your journey with other women who've been there, visit the American Heart Association's Support Network Maternal Health Forum at supportnetwork.heart.org.