

# Target Blood Sugar Ranges

## GESTATIONAL DIABETES



**Fasting:** 70-94 (The fasting blood sugar should be tested 8-10 hours after your last meal or snack)

**2 Hours After The Start Of Meals:** 70-119

### SAMPLE TESTING SCHEDULE

(This schedule is just an example – you will need to adjust the times to fit your lifestyle)

7 a.m.	Check fasting blood sugar
7:15 a.m.	Eat breakfast
9:15 a.m.	Test blood sugar (2 hours after breakfast)
9:45 a.m.	Eat snack
Noon	Eat lunch
2 p.m.	Test blood sugar (2 hours after lunch)
3 p.m.	Eat snack
6 p.m.	Eat dinner
8 p.m.	Test blood sugar (2 hours after dinner)
9-11 p.m.	Eat snack (nothing to eat from bedtime snack until you test your blood sugar in the morning – 8-10 hours)

**Monitor and record your blood sugars 4 times a day.**