

Gestational Diabetes: Monitoring Your Blood Glucose, Ketones, and Health

When you have gestational diabetes, monitoring your blood glucose, also called blood sugar, ketones, and health throughout your pregnancy can help keep you and your baby healthy.

Checking your blood glucose every day helps you see how your meal plan, your activity levels, and the insulin you take, if needed, all affect your blood glucose level.

These checks may be your only way of knowing whether your blood glucose is in your target range day to day and whether you are reaching your goals for good health.

So, check your blood glucose as often as advised. Your diabetes care team will probably tell you to check it several times a day, such as: When you wake up; An hour or 2 after finishing a meal; Or more often if you use insulin.

Each time you check your glucose, record the results. It's important to keep track of your blood glucose for your diabetes care team.

Each time you meet with your diabetes care team, share your glucose results.

Your diabetes educator can give you helpful tips on how to get your blood glucose in your target range, and keep it there.

You may also be asked to monitor your urine for ketones each morning. If you skip a meal when pregnant, your body can go into 'starvation' mode and may start making 'ketones'. Ketones can pass into your baby's bloodstream and may harm your baby.

To check for ketones, dip a ketone strip into a sample of urine. Wait the suggested amount of time on the package and then compare the strip color to the colors on the bottle.

If ketones are present, it means you didn't eat enough the day before. Make sure you eat all the meals and snacks in your meal plan. If ketones continue to be a problem, talk to your diabetes care team.

Monitoring your health is very important when you have gestational diabetes. Work closely with your healthcare provider to ensure you maintain your health throughout your pregnancy.

Your healthcare visits may increase as you get closer to your due date. At each visit, your healthcare provider will check your weight, blood pressure, and your baby's growth.

Call your healthcare provider right away if you have: High blood glucose; Fever; Severe headache; Contractions; Vaginal bleeding; Blurry vision; Or if you think your baby has stopped moving.

Monitoring your blood glucose, ketones, and health may feel overwhelming at first. Talk to your diabetes care team about any concerns. And remember, the steps you take now are for your health as well as your baby's.