

CGM to Manage Gestational Diabetes

Now, a Health Minute.

Continuous Glucose Monitoring, also called CGM, tracks your blood sugar day and night.

When you have Gestational Diabetes, continuously monitoring your blood glucose can help you better control your glucose levels for the health of you and your baby.

CGM has two parts: a sensor placed into your skin, usually on your belly or arm and a monitor that reads your blood sugar.

Most CGM takes readings every five minutes, all day and night.

Some can directly link to your smartphone so you can easily see your levels and make changes if needed.

Find a CGM to monitor your blood glucose levels for your health and your baby's at cbdce.org/locate.

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