

# Diabetes in Pregnancy



**DIP-Project**  
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group  
*"Lombardy Region"*

## Blood glucose monitoring





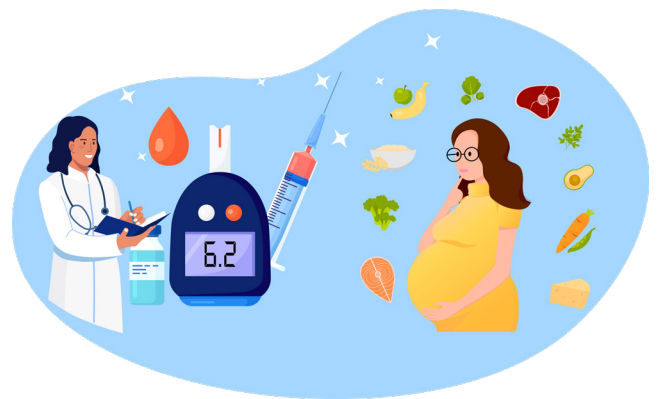
## AMD - SID Pregnancy Working Group "Lombardy Region"

### BLOOD GLUCOSE MONITORING

#### *Gestational diabetes: how is blood glucose monitored during pregnancy?*

With gestational diabetes, it is important to measure the blood glucose (sugar) in your blood; **this helps to know whether the diet or therapy** you are following **is adequate or not**.

**Checking blood sugar** is important to **know if what you have eaten is right or not**: it will better help you face the days living with gestational diabetes, **making life easier and reducing the anxiety of... eating the wrong things!**



Moreover, **checking blood glucose is a pillar** of gestational diabetes care, useful for **oneself and for the diabetes team** treating us.

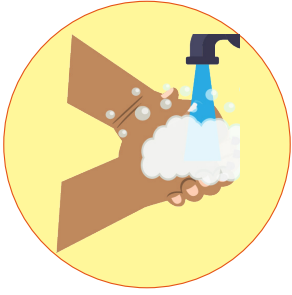
**During your first visit** to the diabetes centre, **you will be given an instrument (glucometer)** to measure your **blood glucose**.

The device **works by using** a tiny **drop of blood** after a **fingertip** puncture.



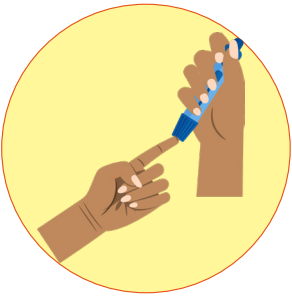
## *What needs to be done to perform a proper self-check?*

To answer this question, just follow the instructions below precisely.



***Wash your hands*** with warm or hot water and soap, then dry them well. It is not necessary to use disinfectant.

***Place the strip*** inside the glucose meter making it turn on.



***Take the lancing device*** and place it perpendicular to the fingertip. Use the side areas of the fingertips, which are less sensitive and cause less pain.

***DO NOT apply strong pressure*** to the base of the finger on which the lancing device was used in order to allow a drop of blood to come out. Press gently as very very little is needed.



***Bring the strip*** sticking out of the glucose meter closer to the drop of blood being drawn.

***Place*** the glucose meter ***on a flat surface*** and after a few seconds you will be able to see the blood glucose value on the screen.



It is recommended to take care of the device and all the material needed to check blood glucose, avoid getting it dirty and store the strips well, this will ensure that you always have reliable values



## How many times will one have to pierce one's finger?

It all depends on the type of therapy to be done

If one is advised to follow **only a diet**, it will be enough to check one's blood glucose **twice a day**, according to what is called the chessboard pattern:

**Each day one should check a different meal:**

- One day **breakfast**
- One day **lunch**
- One day **dinner**



**In pregnancy, blood glucose is measured immediately before eating and after 1 hour from the start of the meal.**

## What are the glycemic targets of self-monitoring?

- **On an empty stomach** less than or equal to **90 mg/dl**
- **1 hour after a meal** less than or equal to **130 mg/dl**
- **2 hours after a meal** less than or equal to **120 mg/dl**



**After the first visit** to the diabetes centre, a new **check-up** will be scheduled **within two weeks**, and **if the blood sugar levels are not within the** indicated **limits** despite attention to diet, a recommendation will be made to **start insulin therapy**.

**If insulin therapy is recommended**, blood glucose **will have to be checked much more often** both before and after one hour from meals, **according to a schedule** that will be shared with the **treatment team**.





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