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## Checking Your Blood Sugar When you have Gestational Diabetes

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When you have gestational diabetes, it is very important to control your blood sugar all of the time.

### When should I check my blood sugar?

You should check your blood sugar either:

- before breakfast **AND**
- 1 hour after breakfast, lunch and dinner **OR**
- 2 hours after breakfast, lunch and dinner



### What should my blood sugar levels be?

- before breakfast, blood sugar should be less than 5.3 mmol/L
- 1 hour after breakfast, lunch and dinner, blood sugar should be less than 7.8 mmol/L
- 2 hours after breakfast, lunch and dinner, blood sugar should be between 3.5 and 6.7 mmol/L

### What should I do if my blood sugar is too high?

After checking your blood sugar, follow these steps:

1. Review your meal plan and diet to be sure you are following it. Write down what you eat in your diary.
2. Walk 15 to 20 minutes after meals.
3. Contact the dietitian Melody Malkiewich at 905-522-1155 ext. 33451 for questions.

