



A guide to checking your blood glucose levels

Midwife Contact:	01-8171545
Dietitian Contact:	01-8172548 (Laura or Hilary)

Checking your blood glucose levels

The Diabetes Midwife will give you a **glucometer** to check your blood glucose levels and will show you how to use this. You can also watch a video “how to use your glucometer” on the Rotunda website <https://rotunda.ie/diabetes/>

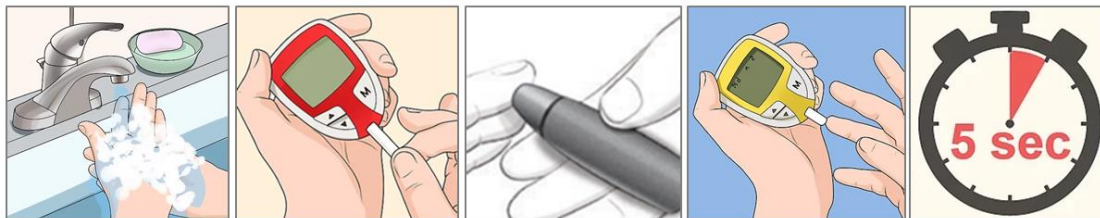
Most women will be asked to **check their blood glucose levels 4 times every day**. (Note: If you have had gestational diabetes before and are less than 28 weeks pregnant you will be asked to check your blood glucose levels 4 times per day, but only 2 days per week). From 28 weeks, you will start checking everyday.

Test your blood glucose level:

- Before **breakfast**
- 1 hour after you finish eating **breakfast**
- 1 hour after you finish eating **lunch**
- 1 hour after you finish eating **dinner**

How to test your blood glucose levels:

1. Wash your hands. Do not use hands sanitiser.
2. Insert the testing strip into the glucometer
3. Use the lancet device to get a blood drop from your finger
 - Use a new lancet (needle) every time you test your blood glucose
 - Use the sides of your fingers (not pads)
 - Alternate fingers (avoid index finger and thumb)
4. Place the tip of the testing strip into the blood drop.
5. Wait for the result to appear on the meter.
6. Dispose of the used testing strip and lancet (needle) in a sharps bin.



What should my blood glucose levels be?

Your target blood glucose levels are:

- Less than 5.3 mmol/l before breakfast
- Less than 7.8 mmol/l one hour after you finish eating

Please record your **blood glucose levels** in the **diabetes diary** provided.

It is helpful if you **circle** any **blood glucose readings above the target value** and note anything that might have caused this. For example, eating a larger meal than normal or eating a food that is high in sugar (see sample diary entries below).

Blood glucose test results

	Breakfast		Lunch		Evening meal		Before bed
	Before	After*	Before	After*	Before	After*	
Monday	4.5	6.5		6.8		6.7	
	Carbs		Carbs		Carbs		Carbs
Tuesday	4.7	8.5		6.5		6.3	
	Carbs		Carbs		Carbs		Carbs
Wednesday	4.3	6.9		8.6		6.4	
	Carbs		Carbs		Carbs		Carbs

				Very large bowl of porridge
				White bread at lunch

Getting extra support with your diabetes diet

The “Lifestyle Class” diet and exercise video for gestational diabetes can be watched on the Rotunda website <https://rotunda.ie/diabetes/>.

If you feel you need extra help and support with your diabetes diet, you can also phone the diabetes dietitian (01-8172548). This is especially important if you:

- If you are struggling to keep your blood glucose levels under the target value after your meals on a regular basis (*this may be because of the foods you are eating*).
- Are losing weight (*try to check your weight every 1-2 weeks at home or at hospital or clinic visits*).
- Are feeling hungry or unsure about what to eat.

What happens next?

You will be given an appointment time for the **Breakfast Club telephone clinic**, usually every 2-4 weeks.

- You do not need to come in to the hospital for this appointment.
- **The diabetes midwife will phone you at an agreed time** to discuss your blood glucose results (be sure to keep your diabetes diary up-to-date).

You will also be given an appointment for an extra **ultrasound scan** when you are **34 weeks** pregnant to monitor your baby’s growth.

If your diabetes is well-controlled after 36 weeks, you will be discharged from the “Breakfast Club” clinic. However, even if you are no-longer attending the service, you must continue to follow the diet and lifestyle advice until delivery.