

# Monitoring your pregnancy blood sugar level

PREGNANCY TIPS AND ARTICLES

ARTICLE

DEC 2, 2021

Whether you're thinking about trying for a baby or are already pregnant, managing your risk of getting pregnancy diabetes is important to ensure a healthy and safe pregnancy.

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## The key question to ask if you're being tested for, or monitoring, pregnancy diabetes.

Diabetes is a condition where the amount of glucose (a type of sugar) in your blood is too high because your body can't use it properly. If this happens when you're pregnant (usually during the second or third trimester), it's called pregnancy diabetes. Whether you're thinking about trying for a baby or are already pregnant, there are things you can do to decrease your chances of getting pregnancy diabetes or to manage it carefully if you do.

Taking proactive steps to maintain a healthy lifestyle, including regular exercise, balanced nutrition, and monitoring blood glucose levels, significantly reduces the risk of pregnancy diabetes and promotes overall well-being for both you and your baby. Consult with your healthcare provider for personalized guidance and support throughout your pregnancy journey.

## Before you get pregnant:

- stop smoking.
- eat a healthy diet that includes recommended amounts of fiber, fruit, vegetables, whole grains, lean meat, and dairy food.

- stay at a healthy weight.
- lead an active lifestyle.
- manage stress through relaxation techniques.
- avoid alcohol and limit caffeine intake.
- get regular check-ups with your healthcare provider.
- take prenatal vitamins with folic acid.
- get enough sleep

## When you're pregnant:

- continue to follow a healthy, active lifestyle and balanced diet, as above
- ask your healthcare provider about the routine blood test you can have to tell if you have pregnancy diabetes
- if you find out you do have pregnancy diabetes, don't panic! It can be managed with diet, exercise, and – if needed – medication. Your healthcare providers will come up with a plan that's tailor-made for you. When your blood glucose is under control, the majority of moms and babies continue to be healthy throughout pregnancy.

Tested positive for pregnancy diabetes? Ask your healthcare provider about the safe limits for your blood glucose levels. At each appointment, the key question to ask is: what's my blood glucose number?

Always check with your healthcare provider about your blood glucose limits, but as a general guide, the College of Obstetricians and Gynaecologists of Singapore (COG) recommends these limits for the amount of glucose in the blood of pregnant women with pregnancy diabetes<sup>1</sup>:

- Before a breakfast meal (known as a fasting value): 5.1 – 6.9 mmol/L
- 1 hour after a meal: more than 10.0 mmol/L
- 2 hours after a meal: 8.5 – 11.0 mmol/L

Maintaining optimal blood glucose levels during pregnancy is crucial for both maternal and fetal health. Regular communication with your healthcare provider ensures proper management and reduces the risk of complications, promoting a safe and healthy pregnancy journey.

## Reference:

1. [https://www.ams.edu.sg/view-pdf.aspx?file=media%5C4163\\_fi\\_430.pdf&ofile=C OGS+GDM+Guidelines+2018.pdf](https://www.ams.edu.sg/view-pdf.aspx?file=media%5C4163_fi_430.pdf&ofile=C OGS+GDM+Guidelines+2018.pdf)

