

Gestational Diabetes Screening

Monitoring glucose levels at home for three days is an alternative way to screen for gestational diabetes. By recording your food choices and testing your blood glucose levels upon rising and after your meals, we can understand how your body is metabolizing the food you are eating. In this way we can be assured that your baby is not getting too much glucose via your bloodstream.

- Please eat your normal diet during the screening.
- Check and record your blood glucose upon rising in the morning while you are still fasting. (plain water is ok)
- Check and record your blood glucose two hours after every meal.
- Please note any exercise done during the three days

Normal values upon waking should be under 95 mg/dL

1 hour after meal level should be under 140 mg/dL and 2 hour level should be 120 mg/dL

If you are receiving abnormal results please be in touch and we can adjust your diet and continue the screening process. if levels are over 200mg/dL be in touch immediately.

For further information about gestational diabetes and screening:

www.gentlebirth.org/archives/gdgoer.html

<https://evidencebasedbirth.com/gestational-diabetes-and-the-glucola-test/>

	Day 1	Day 2	Day 3
After Fasting:	Blood Sugar: _____	Blood Sugar: _____	Blood Sugar: _____
Meal 1:	What I ate: _____ _____ _____ Blood Sugar: _____	What I ate: _____ _____ _____ Blood Sugar: _____	What I ate: _____ _____ _____ Blood Sugar: _____
Meal 2:	What I ate: _____ _____ _____ Blood Sugar: _____	What I ate: _____ _____ _____ Blood Sugar: _____	What I ate: _____ _____ _____ Blood Sugar: _____
Meal 3:	What I ate: _____ _____ _____ Blood Sugar: _____	What I ate: _____ _____ _____ Blood Sugar: _____	What I ate: _____ _____ _____ Blood Sugar: _____