











How to check your blood sugar level during pregnancy

Checking your blood sugar regularly can help you to understand what makes your numbers go up or down. Ask your provider how many times you should test daily.




 <p>1 Wash your hands.</p>	 <p>2 Twist the lancet to remove the top.</p>	 <p>3 Open the lancing device and insert the lancet.</p>
 <p>4 Adjust the lancing device setting to select the needle depth. Depth will depend on condition of the skin. For softer skin, select 1x. For thicker skin, select 5. This is important for both comfort and effectiveness in drawing blood.</p>	 <p>5 Turn on the glucometer.</p>	
 <p>6 Insert the test strip.</p>	 <p>7 Massage your finger to get more blood to the fingertip.</p>	 <p>8 Prick finger and press for drop of blood. The side of the finger is less painful.</p>
 <p>9 Wipe the first drop of blood with tissue. Collect the second drop of blood with the tip of the strip and wait for the results.</p>	 <p>10 Log your results and bring them to ALL your clinical appointments.</p>	

Target blood sugar ranges are:

- **Less than 95 mg:** when you wake up or before meals.
- **Below 120 mg:** 2 hours after starting your meal.
- **Above 70 mg:** if on insulin.
- Your target range may be different based on your needs. Talk with your provider to determine what is best for you.

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