

Diabetes in Pregnancy Blood Glucose Monitoring and Insulin Schedule

Morning:

1. Check blood glucose
2. Take insulin injection: _____

3. Eat breakfast
4. Check blood glucose 2 hours after breakfast

Lunch:

1. Eat meal
2. Check blood glucose 2 hours after lunch

Evening:

1. Take insulin injection: _____

2. Eat supper
3. Check blood glucose 2 hours after supper