

Verra Health Clinic

4905 Gateway Blvd NW, Edmonton, AB T6H 5C3
(587) 404-2000 • clinic@verrahealth.ca • verrahealth.ca

GESTATIONAL DIABETES BLOOD SUGAR LOG

Patient Name: _____ Date Started Monitoring: _____

Please record your blood sugar readings and bring this log to each appointment.

Date	Fasting	After Breakfast	After Lunch	After Dinner	Comments

Recommended Blood Sugar Targets	Target (mmol/L)
Fasting (before breakfast)	< 5.3
1 hour after meals	< 7.8
2 hours after meals	< 6.7

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