
PRE-PREGNANCY BLOOD GLUCOSE TARGETS

According to the clinical reference *Medical Management of Pregnancy Complicated by Diabetes* published by the American Diabetes Association, pre-pregnancy blood glucose targets for women who are contemplating a pregnancy differ from those for women who are not contemplating pregnancy. Goals are tighter and focused on getting a woman's glycosylated hemoglobin (HbA_{1c}) level as close to normal as possible, while still maintaining a low risk of hyperglycemia (low blood glucose).

Blood glucose level when fasting and before meals	70–100 mg/dl
Blood glucose level 1 hour after meals	Below 140 mg/dl
Blood glucose level 2 hours after meals	Below 120 mg/dl
Glycosylated hemoglobin (HbA _{1c})	As close to “normal” as possible, which is usually 4% to 6%

Diabetes Self-Management, “Thinking About Having a Baby” by Laura Hieronymus, MSED, APRN, BC-ADM, CDE, and Patti Geil, MS, RD, CDE

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