

Checking Blood Sugar During Pregnancy

Finger sticks and continuous glucose monitoring can both provide useful information. The best plan is one you can use consistently with your care team.

Understanding your options

Finger-stick testing

A small blood sample gives a glucose value when you test. You need a meter, strips, lancets, and a checking routine.

Continuous monitoring (CGM)

A wearable sensor measures glucose in fluid under the skin. It shows changes between checks and may have alerts. You need sensor supplies and a compatible display.

Discuss convenience, wearing a device, skin irritation, alerts, cost, and coverage. A sensor does not remove the need for a clear care plan.

Why the numbers may differ

Blood and fluid under the skin can have different values, especially when glucose changes quickly. An unexpected difference can matter for a treatment decision.

If symptoms and a sensor reading disagree, follow your meter-check and treatment instructions. Do not wait for an online data review when you need help.

What research tells us

Studies in gestational diabetes have mixed results. A sensor adds information, but researchers are still learning who benefits most. Finger sticks can be a reasonable monitoring plan.

Bring these questions to your visit

1. Which readings guide treatment, and when should I use a meter?
2. Who reviews my data, and how often?
3. What should I do for symptoms or unexpected readings?
4. What will supplies cost, and what if coverage changes?

My monitoring plan

Write your own instructions here. This page does not set personal treatment targets.

Monitoring method / device

Backup meter and supplies

Which readings guide treatment

My glucose targets and units

When I check (including meal timing)

When I confirm with a meter

What I do for low readings

What I do for high readings

What I do if I feel unwell

Who reviews my data and when

Routine contact and hours

Urgent / after-hours contact

My next review date / questions I still have

Sharing sensor data does not mean someone watches it continuously. Follow the contact and emergency plan your team gives you.

Sources and scope

Education supports your care; it does not replace medical advice, diagnosis, or treatment. Seek urgent care for urgent symptoms. Print and complete this sheet privately; the web guide does not collect health information.

1. American Diabetes Association Professional Practice Committee. 15. Management of Diabetes in Pregnancy: Standards of Care in Diabetes—2026. Diabetes Care. 2026;49(Suppl 1):S321–S338. doi:10.2337/dc26-S015.
2. Dexcom. What is the Dexcom G7 Continuous Glucose Monitoring System? US patient information and safety statement. Accessed September 7, 2026. Device-specific instructions; not a class-wide recommendation.
3. Linder T, Dressler-Steinbach I, Wegener S, et al. Glycaemic control and pregnancy outcomes with real-time continuous glucose monitoring in gestational diabetes (GRACE): an open-label, multicentre, multinational, randomised controlled trial. Lancet Diabetes Endocrinol. 2026;14(1):50–61. doi:10.1016/S2213-8587(25)00288-8.
4. Amylidi-Mohr S, Zennaro G, Schneider S, Raio L, Mosimann B, Surbek D. Continuous glucose monitoring in the management of gestational diabetes in Switzerland (DipGluMo): an open-label, single-centre, randomised, controlled trial. Lancet Diabetes Endocrinol. 2025;13(7):591–599. doi:10.1016/S2213-8587(25)00063-4.
5. Elkind-Hirsch K, Armatta M, Griffen C, et al. Continuous glucose monitoring in early gestational diabetes improves maternal and neonatal outcomes—The Steady Sugar trial. Diabetes Obes Metab. 2026;28:691–700. doi:10.1111/dom.70254.