

Checking Blood Sugar During Pregnancy

Finger sticks and continuous glucose monitoring

Your monitoring plan should work for your life.

Finger-stick testing

A check at a planned time.

A wearable sensor

A picture of changes between checks.

Both can provide useful information. Choose a plan you can follow and review with your care team.

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Updated September 7, 2026 · Clinical review pending

Sources: [ADA 2026](#)

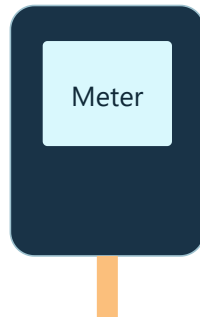
Readings help your team support you and your baby

Gestational diabetes means high blood sugar first diagnosed during pregnancy. Checking your levels helps your team plan your care.

- | | | |
|----|------------------------|--|
| 01 | Check | Follow the schedule you agree on. |
| 02 | Understand | Review patterns alongside meals, activity, and medicine. |
| 03 | Adjust together | Your team can change your plan as pregnancy progresses. |

A reading is information, not a grade. Tell your team when checking is difficult.

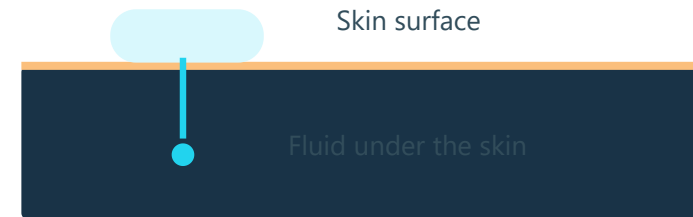
A meter and a sensor measure in different places



A small blood sample

Finger-stick testing

A small drop of blood goes onto a test strip in a glucose meter.



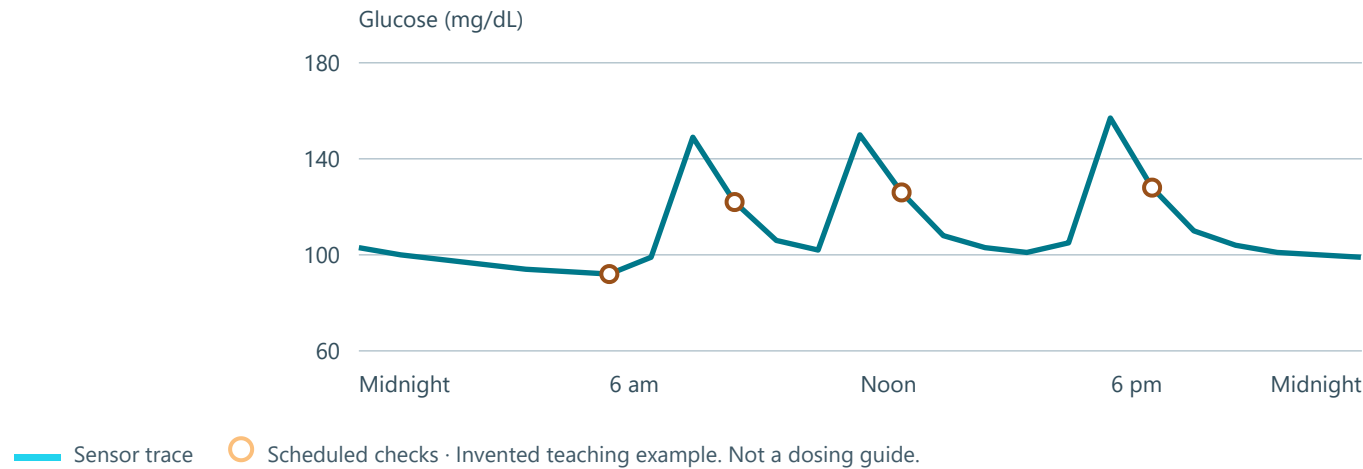
A wearable sensor

Continuous glucose monitoring (CGM)

A small wearable sensor measures glucose in the fluid under your skin. Readings appear on a compatible display.

A sensor shows what happens between checks

It can show changes between meals and while you sleep.



Scheduled finger sticks still give your team useful information. A sensor adds context.

Each option has benefits and practical demands

What matters to you?	Finger-stick testing	Continuous monitoring
Daily routine	A finger prick at each planned check	Wear and replace a small sensor
Information	A glucose value when you test	Ongoing readings and direction of change
Things to manage	Meter, strips, lancets, and a checking routine	Device setup, possible alerts, and possible skin irritation
Cost and access	Ask about covered supplies	Ask about coverage, replacements, and a compatible display

The best choice also depends on your treatment and preferences.

Sources: [ADA 2026](#) · [DipGluMo](#)

Different numbers do not always mean a device is broken

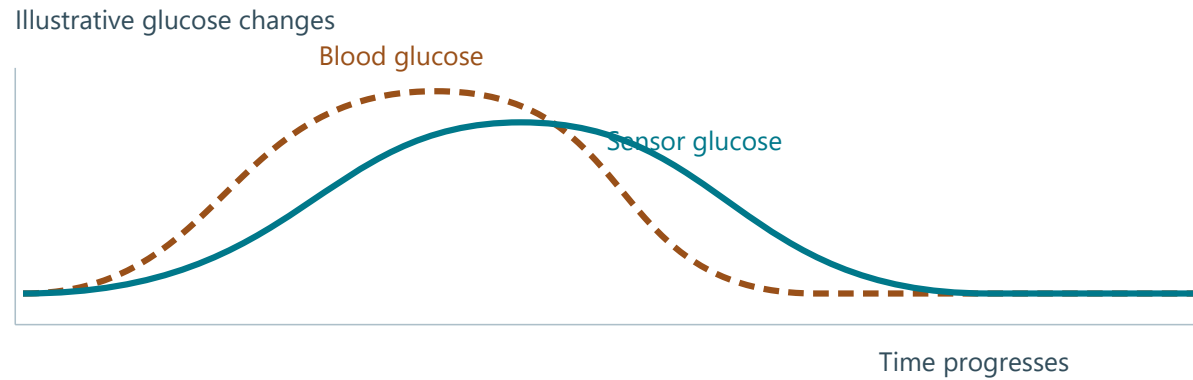


Illustration only. The gap varies and is not a fixed time correction.

Blood and fluid under the skin can have different glucose values, especially when glucose changes quickly.

An unexpected difference can still matter for a treatment decision. Follow your checking plan.

Have a plan for symptoms or unexpected readings

01	Notice	Pay attention to how you feel and what the device shows.
02	Check	If symptoms and the sensor disagree, use your meter as your team and device instructions advise.
03	Act	Follow your treatment and contact plan. Do not wait for an online data review if you need help.

Ask your team for clear low-glucose, high-glucose, and urgent-help instructions.

Benefits are not the same for everyone

What a sensor adds

A fuller view of glucose patterns, with fewer routine finger pricks for some people.

What remains uncertain

Studies in gestational diabetes have mixed results. Researchers are still learning who benefits most.

Choosing finger sticks can be a reasonable plan. Discuss what you need with your care team.

Sources: [ADA 2026](#) · [GRACE](#) · [DipGluMo](#) · [Steady Sugar](#)

Your team can help make the data manageable

01	Agree on review	Who will look at the data, and how often? Sharing data does not mean someone watches it continuously.
02	Plan for interruptions	Keep the meter and supplies your team recommends for sensor problems or checking a reading.
03	Talk about burden	Ask for help with alerts, skin irritation, costs, or worry about the numbers.

Sources: [ADA 2026](#) · [Dexcom G7 instructions](#)

Questions to Ask Your MFM Specialist

1. Which readings will guide my treatment?
2. When should I check with a finger-stick meter?
3. What should I do for low or high readings, or if I feel unwell?
4. Who reviews my data, and how do I reach the team?
5. What will supplies cost, and what if coverage changes?

Sources: [ADA 2026](#) · [Dexcom G7 instructions](#)

Leave with your own written monitoring plan

My monitoring method and backup supplies

Which readings guide treatment

My targets and checking times

When to confirm with a meter

Low / high glucose and symptom instructions

Who reviews my data and when

Routine and urgent contact instructions

My next review date

Print and write on the guide. This presentation does not collect or save your health information.

Use this guide alongside your care team’s advice

This guide is for people with gestational diabetes. If you had diabetes before pregnancy, follow your individual plan.

Educational information does not replace medical advice, diagnosis, or treatment. For urgent symptoms, follow your emergency plan and seek urgent care.

1. **GUIDELINE**

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. **DEVICE INSTRUCTIONS**

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. **GDM RANDOMIZED TRIAL**

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. **GDM RANDOMIZED TRIAL**

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. **GDM RANDOMIZED TRIAL**

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.

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Sources: [ADA 2026](#) · [Dexcom G7 instructions](#) · [GRACE](#) · [DipGluMo](#) · [Steady Sugar](#)