

# Gestational Diabetes Sugar Levels Chart

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_\_

## Target glycaemic goals for women with gestational diabetes

Fasting glucose	≤5-5.3 mmol/l (90-95 mg/dl)
One-hour post-meal	≤ 7.8 mmol/l (140 mg/dl)
Two-hour post meal	≤ 6.7 mmol/l (120 mg/dl)

## Reference ranges for gestational diabetes tests

One-step oral glucose tolerance test	
The diagnosis of gestational diabetes mellitus is made if <b>any</b> of the following plasma glucose values are met or exceeded:	
Fasting	92 mg/dL (5.1 mmol/L)
1 hour	180 mg/dL (10.0 mmol/L)
2 hour	153 mg/dL (8.5 mmol/L)
Two-step oral glucose tolerance test	
The diagnosis of gestational diabetes mellitus is made when at <b>least two</b> of the following plasma glucose values, known as the Carpenter-Coustan criteria, are met or exceeded:	
Fasting	95 mg/dL (5.3 mmol/L)
1 hour	180 mg/dL (10.0 mmol/L)
2 hour	155 mg/dL (8.6 mmol/L)
3 hour	140 mg/dL (7.8 mmol/L)

## Patient's records

Test type	
Fasting	
1	
2	
3 (for two-step test)	

## Additional notes

## References

Alfadhli, E. (2015). Gestational diabetes mellitus. *Saudi Medical Journal*, 36(4), 399–406. <https://doi.org/10.15537/smj.2015.4.10307>

American Diabetes Association. (2020). Classification and Diagnosis of diabetes: Standards of Medical Care in diabetes—2020. *Diabetes Care*, 43(Supplement 1), S14–S31. <https://doi.org/10.2337/dc20-s002>