**Daily Routine for Gestational Diabetes**

**Fasting Glucose Test**

**No food or drink before testing please. You should not have eaten for at least 8 hours.**

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 Wake Up Wash & dry hands Prick the finger Test blood Write in book

|  |
| --- |
| * **Try to eat your meal within 30 minutes**
* **No more carbohydrate foods before your 2 hour glucose test**
 |

 **Breakfast**  ![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\18FBX170\MC900412630[1].wmf]()

 **2 hours after the start of breakfast test your glucose level**

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Wash & dry hands Prick finger Test blood Write in book Morning snack

 e.g. fruit,milk or yogurt

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| * **Try to eat your meal within 30 minutes**
* **No more carbohydrate foods before your 2 hour glucose test**
 |

**Lunch**  ![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\18FBX170\MC900412630[1].wmf]()

**2 hours after the start of lunch test your glucose level**

 **![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2FJWJY0O\MC900371340[1].wmf]() ![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2FJWJY0O\MP900422310[1].jpg]() ![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2FJWJY0O\MP900422280[1].jpg]() ![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TNEQGH9X\MC900432665[1].png]() ![C:\Users\dell\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\18FBX170\MC900411900[1].wmf]()**

Wash & dry hands Prick finger Test blood Write in book Afternoon snack

|  |
| --- |
| * **Try to eat your meal within 30minutes**
* **No more carbohydrate foods before your 2 hour glucose test**
 |

**Evening Meal**

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**2 hours after the start of dinner test your glucose level**

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Wash & dry hands Prick finger Test blood Write in book Evening snack