



## INSTRUCTIONS FOR 7 POINTS BLOOD GLUCOSE MONITORING

- Purchase a glucometer (units in mmol/L) from any nearby pharmacy
- Perform the glucose monitoring **2 days per week** (any **2 consecutive days** of your choice)
- E.g. Monday and Tuesday **OR** Friday and Saturday
- Monitor blood glucose **7 times/day**
  - Before and after each main meal (breakfast, lunch & dinner), and bedtime test

### Example:

<b>BREAKFAST: 8AM</b>
Pre-meal test: 7.55am Post-meal test: 10am
<i>AM Snack: 10.10am</i>
<b>LUNCH: 1PM</b>
Pre-meal test: 12.55pm Post-meal test: 3pm
<i>PM Snack: 3.10pm</i>
<b>DINNER: 6PM</b>
Pre-meal test: 5.55pm Post-meal test: 8pm
<b>BEDTIME</b>
Bedtime test: 9pm
<i>Bedtime Snack: 9.10pm</i>

### Target Range for Blood Glucose:

**Pre-meals: 4.4- 5.5 mmol/L**  
(do 5 mins before food intake)

**Post-meals: 5.5- 6.6 mmol/L**  
(do 2 hours from start of food intake)

**Bedtime: 4.4- 5.5 mmol/L**  
(min. 3 hours from dinner time)

**\*\*Please chart down all your readings on the monitoring chart provided.**

*(Fill in your name & identification number)*

**Bring the chart and your glucometer and show to the Dr on every visit.**

### General Information on Gestational Diabetes Mellitus (GDM):

#### ➤ **Basic Dietary Advice**

- Take 3 meals and 3 snacks daily
- Avoid all oily/deep-fried or sugary/ high calorie food
- Avoid sugary beverages  
(Milo, Horlicks, Ovaltine, fruit juice, 3 in 1 beverage, regular sugar soda drinks etc)
- Eat more green leafy vegetables, drink more plain water

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