

MANAGING DIABETES WITH YOUR OB PROVIDER – CONVERSATION GUIDE

Bring this sheet to your next visit with your health care provider. Use the guide below to help start the conversation and to write down your provider's answers.

Start the Conversation (example):

“Thank you for seeing me. As you know, I’ve been diagnosed with diabetes. I’m planning to work with my home visiting providers to manage my blood sugar at home. Before I start, I wanted to ask you some questions”

ASK YOUR HEALTH CARE PROVIDER AND WRITE DOWN THEIR RESPONSE:

What are my current blood sugar (or A1c), blood pressure, and cholesterol levels?

[A1c is a blood test. It tells you and your provider your average blood sugar level over the last three months]

Should I check my blood sugar levels at home? If so, how often and what time of day?

When should I report my readings to you and what is the best way to report them?

What is a healthy blood sugar reading for me?

If my reading is higher or lower, when should I call your office or go to the emergency room?

How will I feel if my blood sugar level is low or high?

What symptoms could mean I am having problems with my blood sugar?

What should I do if I'm having them?

How can I reduce my risk for diabetes complications? What other things should I be doing to help keep me healthy?

Who else should be on my diabetes health care team?

Should I work with a diabetes educator?

Targets for Blood Glucose (Blood Sugar) Levels During Pregnancy

You might have different target levels. Work with your health care team to know your target levels.

When blood glucose (blood sugar) level is tested	General target level	Your target level
Fasting - after not having anything to eat or drink (except water) for at least 8 hours before the test. Most often when people wake up, before breakfast.	70-95 mg/dL	_____
1-hour after eating	110-140 mg/dL	_____
2-hours after eating	100-120 mg/dL	_____

Target levels from: American Diabetes Association Professional Practice Committee; 15. Management of Diabetes in Pregnancy: Standards of Care in Diabetes—2025. *Diabetes Care* 1 January 2025; 48 (Supplement_1): S306–S320. <https://doi.org/10.2337/dc25-S015>