**Gestational Diabetes Blood Glucose Monitoring – 2hr**

FASTING: <5 2HR AFTER MEALS: <6.7

**You Tube Video - How to Use the Glucometer**

Follow the easy setup steps for your FreeStyle Lite System to set the time and date, prepare your lancing device and perform a blood glucose test.

[**https://www.youtube.com/watch?v=DixQXe9t-eE**](https://www.youtube.com/watch?v=DixQXe9t-eE)

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| **DATE** | **TIME** | **FASTING** | **2HR POST** | **FOOD DIARY** |
| FASTING (F) | Time of your test  | As soon  as you wake up | 2 hr after each main meal | Keep a diary of the foods you’re eating so you can see what foods are elevating your sugars. |
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| LUNCH (L) |
| DINNER (D) |
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