



Managing high glucose levels after fasting

Why is my Fasting Blood Glucose level (FGB) high?

Your glucose level can be high after fasting because of insulin resistance. Insulin resistance is when pregnancy hormones produced by your placenta block insulin from moving glucose out of your bloodstream.

During long periods of not eating, such as overnight, your liver releases glucose so you have constant supply of energy. If you have insulin resistance with gestational diabetes, this can raise your fasting blood glucose, even though you haven't eaten for quite some time.

What can I do to get my FBG under 5.0 mmol/L?

There are a few things you can do that may bring your fasting blood glucose under 5.0 mmol/L

Choose a low impact exercise such as walking or swimming for 30 minutes every day. Our [How exercise can help you manage your diabetes](#) factsheet has more ideas.

Try having some supper that contains both carbohydrate and protein. For more information check our [Ideas for supper snacks](#) fact sheet.

Not eating for more than 12 hours during your pregnancy may raise your fasting blood glucose above 5.0 mmol/L

Eat some supper before going to bed. This can reduce your fasting time overnight and may benefit your morning glucose level.

When should I call the Diabetes Educator?

Often healthy eating and exercise are not enough to manage your glucose levels. Medication may be needed to bring the glucose levels to a range that is best for you and your baby.

Call our diabetes educators if your fasting blood glucose remains above 5.0 mmol/L after three days.

*Your blood sugar level is read in mmol/L, which means millimoles per litre.

Diabetes Educators

T: (03) 8345 2153

Monday to Friday (8am-3pm)

Do you need an interpreter?



Interpreter

If you need an interpreter, remember you can ask for one.