



# Eastern Health

## Memo

To: Family Physicians

From: Regional Diabetes Service, Medicine Program, Eastern Health

Date: January 11, 2022

Re: Diabetes Canada Clinical Practice Guidelines - Update

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Please be advised that there has been an update to the Diabetes Canada Clinical Practice Guidelines regarding frequency of blood glucose checking in pregnant women with pre-existing type 2 diabetes and gestational diabetes.

Pregnant women with pre-existing type 2 diabetes and gestational diabetes are now encouraged to check fasting and PC meal glucose levels for one week to determine if pharmacotherapy is required.

If pharmacotherapy **is not required**, pregnant women may then reduce blood glucose checking to four times per day on alternate days.

If pharmacotherapy **is required**, daily fasting and PC meal glucose checking would continue.

As a result of this recommendation, Eastern Health's Regional Diabetes Program will be incorporating this information into practice as of January 13, 2022.

For further information, please refer to the following article: Blood Glucose Monitoring in Adults and Children with Diabetes: Update 2021 ([Diabetes Canada | Clinical Practice Guidelines - Chapter 9: Blood Glucose Monitoring in Adults and Children with Diabetes: Update 2021](#)).

***\*Please note that blood glucose checking in type 1 diabetes and pregnancy is unchanged.***

