

PROTECT TOP TIPS

Using FreeStyle Libre 3 CGM in Pregnancy



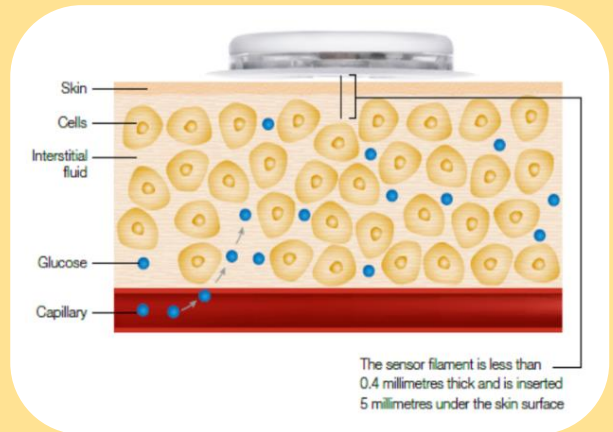
PREGNANCY GLUCOSE TARGETS: Fasting <5.3 mmol/l and 1-hour after meals <7.8 mmol/l

How does Libre 3 work?

The sensor sits just under the skin and measures the glucose in the fluid around the cells. These levels are taken every minute and sent to your mobile phone.

Libre glucose levels may differ slightly or may be lower than finger-prick readings, this is normal.

The Libre sensor sends glucose readings to your phone using the FreeStyle Libre 3 App.



The app shows your glucose levels in 3 ways:

- Your glucose level now
- Where your glucose is heading (steady / rising / falling)
- Your recent glucose levels (over 8 hours)

The Libre sensor measures your glucose levels day and night; this gives you a better overall picture of your glucose levels.



Some people can feel a bit overloaded with all this information. Try getting used to wearing the sensor for a week or so before starting to act on the glucose levels.

We will help you share the glucose information from the Libre 3 app to your diabetes team so they can review your glucose patterns at clinic. If someone helps you look after your diabetes, their mobile can also be linked up.

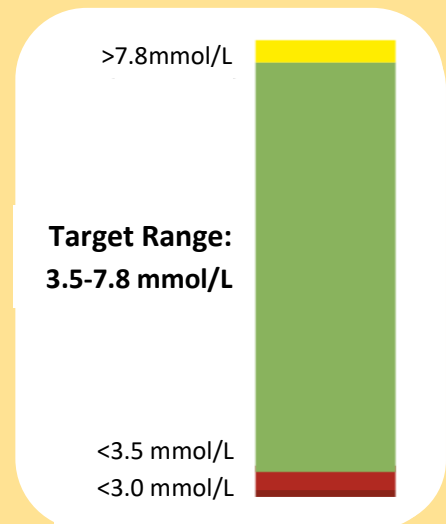
Pregnancy glucose targets

Over 1-2 weeks we aim for:

- ✓ More than **90%** (21-22 hours/day) **time in range 3.5-7.8 mmol/L**
- ✓ Less than **10%** (2.5 hours/day) **above 7.8mmol/L**
- ✓ Less than **4%** (1 hour/day) **below 3.5mmol/L**
- ✓ Less than **1%** (15 mins/day) **below 3.0mmol/L**

Most women start pregnancy with around 60-70% Time in Range, aiming to get to 90% as soon as possible.

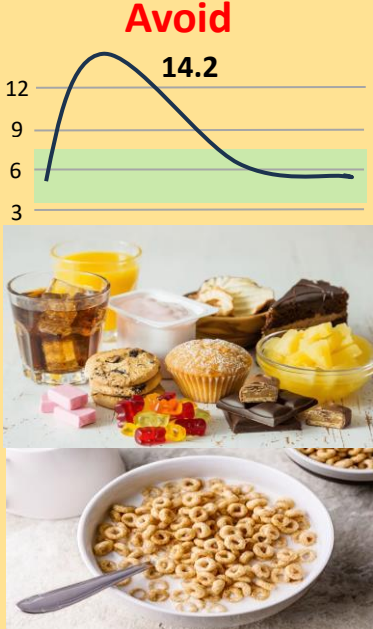
This needs close **attention to food choices** and **insulin doses**.
Every extra 5% time in range has benefits for you and your baby!



Responding to your Libre glucose levels

- **Fix Fasting First** - Aim to fix the fasting glucose level when you first wake up. Managing diabetes is a lot harder if you start your day above target.
- When your glucose levels are above target, think **“what might have caused this?”**
 - **Large carbohydrates portions?** (bread, rice, pasta, potatoes)
 - **Faster carbohydrates?** (juice, sugary drinks, breakfast cereals, sandwiches)
 - **Injecting insulin just before eating?** (try to aim for at least **15 to 30 mins before eating**)
- Some women set a high alert for 8 mmol/L or 10 mmol/L, this is completely optional.

Avoid



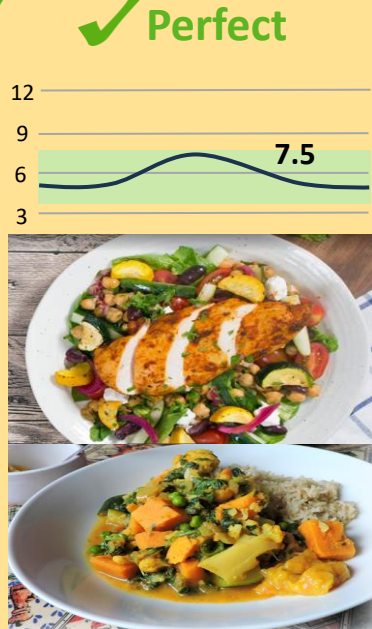
These foods are high in sugars and will spike your glucose levels. Try to **avoid** them.

Limit



These foods are better but are still high in carbohydrates. **Don't eat too much** of them.

Perfect



A meal with **protein** (meat, egg, chickpeas) and **lots of vegetables** works best.

← 7.8 mmol/L
← 3.5 mmol/L

Try to eat meals that help to keep your glucose levels between **3.5-7.8** to **PROTECT** your baby

Guidance for insulin-users only

When to do finger stick checks

- To confirm a hypo (low glucose level)
- If the sensor is not working



Treating hypoglycaemia

Sometimes, your glucose level may go low, called a hypo. If your Libre sensor is reading low but you do not feel unwell, you should always double check with a finger stick test.



- **200mls of orange juice** will raise your glucose levels quickly and **work well for hypo treatment**. Sometimes smaller treatments, like **1 or 2 jelly babies**, will also be enough.
- Try not to overdo your hypo treatments
- Between-meal hypos mean that your insulin doses may not be working so well
- Ask your diabetes team for advice!



Further information

For more information for people with type 2 diabetes and their friends & family:

<https://www.youngtype2.org/>

<https://www.tommys.org/pregnancy-information/pregnancy-complications/type-1-or-type-2-diabetes>