

Table 5A. PRECONCEPTION: RECOMMENDED PLASMA AND WHOLE BLOOD GLUCOSE VALUES¹

Time	Plasma Blood Glucose Values	Whole Blood Glucose Values
Fasting/ Preprandial	80 - 100 mg/dl	70 -100 mg/dl
Postprandial 1 hour ²	<155 mg/dl	<140 mg/dl
2 hour	<135 mg/dl	<120 mg/dl

Table 5B. PREGNANCY (COMPLICATED BY DIABETES): RECOMMENDED PLASMA AND WHOLE BLOOD GLUCOSE VALUES [ADAPTED FROM ADA, 2000 ³]

Time	Plasma Blood Glucose Values	Whole Blood Glucose Values
Fasting/ Preprandial	65 - 100 mg/dl*	60 - 90 mg/dl
Postprandial 1 hour	110 - 135 mg/dl*	100 - 120 mg/dl
2 hour	<120 mg/dl (⁷)	<110 mg/dl**
2 am 6 am	65 - 135 mg/dl*	60 - 120 mg/dl

*Calculated from whole blood values using HemoCue Plasma/Whole Blood Conversion Chart and rounded. Based on: International Federation of Clinical Chemistry and The American Association for clinical Chemistry Critical Care and Point of Care testing Division, "Critical Care Testing in the New Millennium: The Integration of Point of Care Testing" 18th International Symposium, Helsingor, Denmark, June 1-4, 2000.

**Calculated from plasma values using HemoCue Conversion Chart and rounded.

REFERENCES

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4. American College of Obstetricians and Gynecologists. Gestational diabetes. Clinical management guidelines for obstetrician-gynecologists. Number 30. Washington, DC: ACOG, 2001.