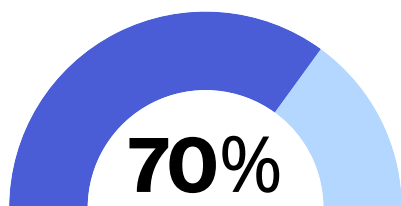


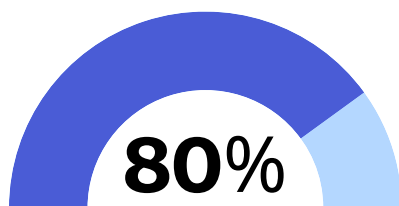
# Time in range goals in pregnancy

During pregnancy, time in range goals are more narrow (between 63–140 mg/dL). Each type of diabetes has different guidelines of how long it is recommended they stay in that range each day.

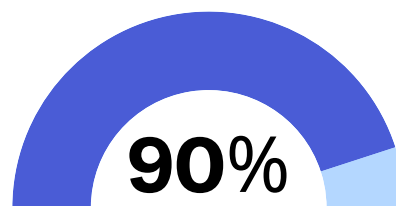
## Type 1 diabetes



## Type 2 diabetes



## Gestational diabetes



## Type 1 diabetes

### Planning pregnancy

When planning a pregnancy, if possible, aim for 70%+ of each day between 63–140 mg/dL —this is the same as the goal once you become pregnant.

### During pregnancy

During pregnancy, aim for 70%+ of each day between 63–140 mg/dL, starting as soon as possible after you find out you're pregnant. Additionally, aim for less than 4% of each day (1 hour) below 63 mg/dL, less than 1% of each day (15 minutes) below 54 mg/dL, and less than 25% of each day (6 hours) above 140 mg/dL.

### Labor & Delivery

During labor and delivery, aim for 70%+ of time between 63–140 mg/dL. Once you're Postpartum, aim for 70%+ of each day between 70–180 mg/dL.

## Type 2 diabetes

### Planning pregnancy

A preconception HbA1c target of less than 6.5% is recommended to reduce congenital anomalies.

### During pregnancy

During pregnancy, aim for 80%+ of each day between 63–140 mg/dL, starting as soon as possible after you find out you're pregnant.

### Labor & Delivery

Once you are postpartum, aim 70%+ of each day between 70–180 mg/dL.

## Gestational diabetes

### During pregnancy

Once diagnosed with gestational diabetes, aim for 90%+ of each day between 63–140 mg/dL.

Remember - these are all targets. Not everyone can achieve these targets 100% of the time, and that's okay!