

# Pregnancy diabetes; instructions on home monitoring and measuring blood glucose levels

This manual consists of 3 parts:

1. General information about at home monitoring
2. Instructions on measuring blood glucose level
3. Instructions on entering your measurement in: Mijn Dossier

## General information about at home monitoring

### What is the goal of at home monitoring?

Your blood glucose levels give us important information about your health. At home monitoring allows us to remotely monitor the health of you and your baby.

### What are the agreements made for measuring glucose at home?

- Measure **four times a day**: 1x fasting (in the morning, before you eat or drink anything) and 3x 2 hours after the main meals.
- The target glucose levels are:
  - Fasting: less than or equal to 5.3 mmol/l
  - 2 hours after meals: less than or equal to 6.7 mmol/l
- During pregnancy, we ask you to submit your glucose measurements each week. Fill in your glucose measurements of the previous week in the Mijn Dossier app, **every Monday morning no later than 12:00**. You can choose to fill in your values after each measurement, once a day, or once a week. The health care provider will check the values once a week.
- If the glucose levels are outside of the values you agreed on with your healthcare provider, we will contact you.
- For advice and urgent questions, **you can call 020-5662694 during office hours (8:30-17:00)**. Ask to connect you to the doctor's assistant for pregnancy diabetes. She will assess your question and, if necessary, have a diabetes nurse call you back.
- **Outside of office hours**, you can contact other numbers. For urgent questions about your pregnancy diabetes, call 020-5669111 and ask for the internist on duty. For urgent questions about your pregnancy, call the SEHV (emergency room for pregnant patients) at 020-5661500.

- Do you have a question related to your pregnancy or pregnancy diabetes and it is not an emergency? You can send a message via the app Mijn Dossier: click on “Menu” and “Een bericht verzenden” (English: “Send a message”).
- Do you have questions about submitting your values in the Mijn Dossier app? Call the Digipunt 020-4443336 (available on weekdays from 9:00 to 18:00).

## Instructions on measuring blood glucose levels

For more information: [Checking your blood sugar levels | Diabetes testing | Diabetes UK](#)

### Prepare:

- Finger-prick device and a lancet (a very short, fine needle)
- Glucose meter and test strip
- Tissue or cotton ball
- Sharps bin

### Follow these steps:

1. Wash your hands and dry them well.
2. Prepare the finger-prick device and a lancet.
3. Insert the lancet into the finger-prick device.
4. Set the lancet depth on the finger-prick device.
5. Insert a test strip into the glucose meter.
6. Prick a side of your finger.
7. Touch the test strip to the drop of blood.
8. You will see the result within a few seconds.
9. Write down the value or add it to Mijn Dossier (see part 3 of this guide).
10. Remove the lancet from the finger-prick device and put it in the sharps bin.

## Instructions on entering your measurement in: Mijn Dossier

You can enter your measurements in the app: Mijn Dossier, this is your digital patient record. You can use Mijn Dossier on a cell phone/tablet or via a computer. Below, you first find the instructions to enter your measurements via your cell phone/tablet. Then followed by the instructions for entering via your computer.

### Entering at home measurements via cell phone or tablet

Do you want to enter your measurements via your cell phone or tablet? Then use the “Mijn Dossier Amsterdam UMC” app. You can download this app for free from the App Store or Google Play Store. Because the app is in Dutch, pictures of the app are shown below with the translation described in the steps.

#### Step 1

Open the “Mijn Dossier Amsterdam UMC” app. Log in with your DigiD or your Username (“Gebruikersnaam voor Mijn Dossier”) and password (Wachtwoord).

### DigiD

Bent u al patiënt in ons ziekenhuis of bent u doorverwezen door uw huisarts? Dan kunt u met uw DigiD inloggen en / of een account aanmaken. Let op: u heeft hiervoor de DigiD-app nodig.



### Geen DigiD?

U kunt ook inloggen met de inloggegevens die al bij u bekend zijn:

A white rectangular input field with a thin black border. The placeholder text 'Gebruikersnaam voor Mijn Dossier' is visible at the top left of the field.A white rectangular input field with a thin black border. The placeholder text 'Wachtwoord' is visible at the top left of the field.

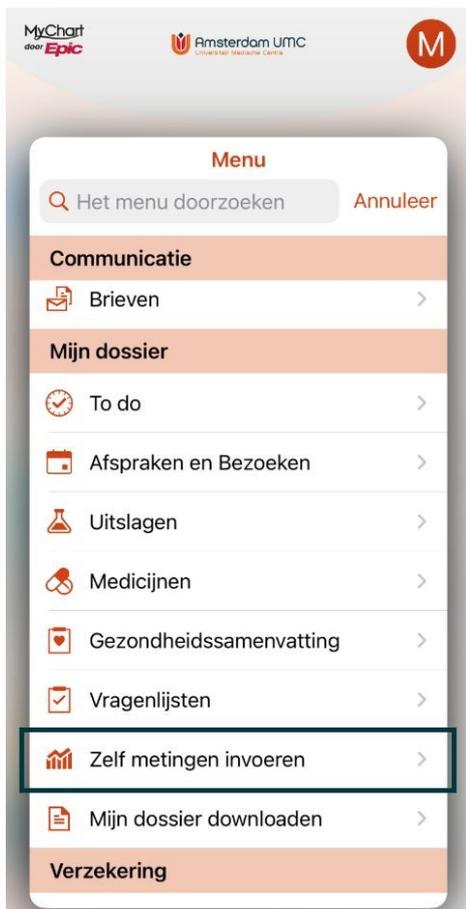
### Step 2

Click on 'Menu'.



### Step 3

Click in the menu on “Zelf metingen invoeren” (“Enter my own measurements”) to enter your measurements. See the blue square:



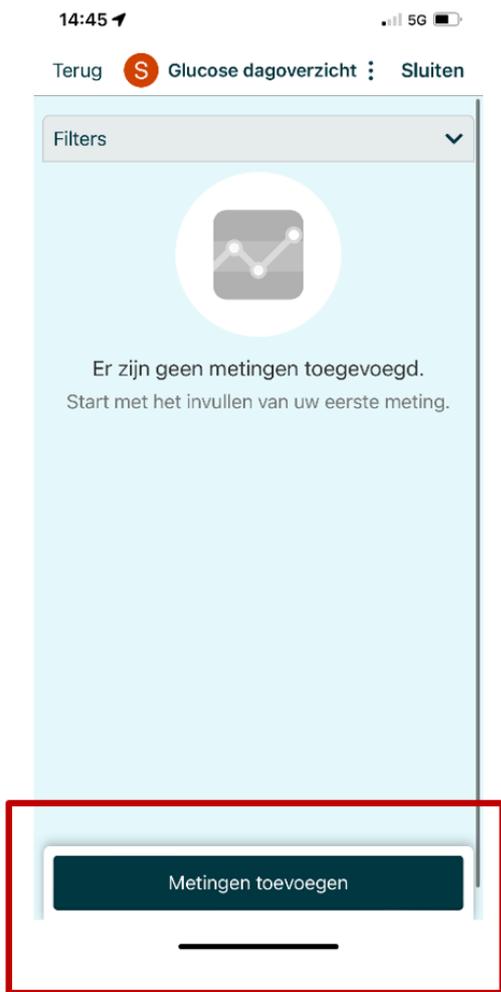
#### Step 4

Click on 'Glucose dagoverzicht' to go to your daily glucose overview. This screen only comes up when you have more measurements at other departments. If you only have measurements for blood glucose levels, go to step 5.



#### Step 5

Click the button "Metingen toevoegen", which means adding new data.



## Step 6

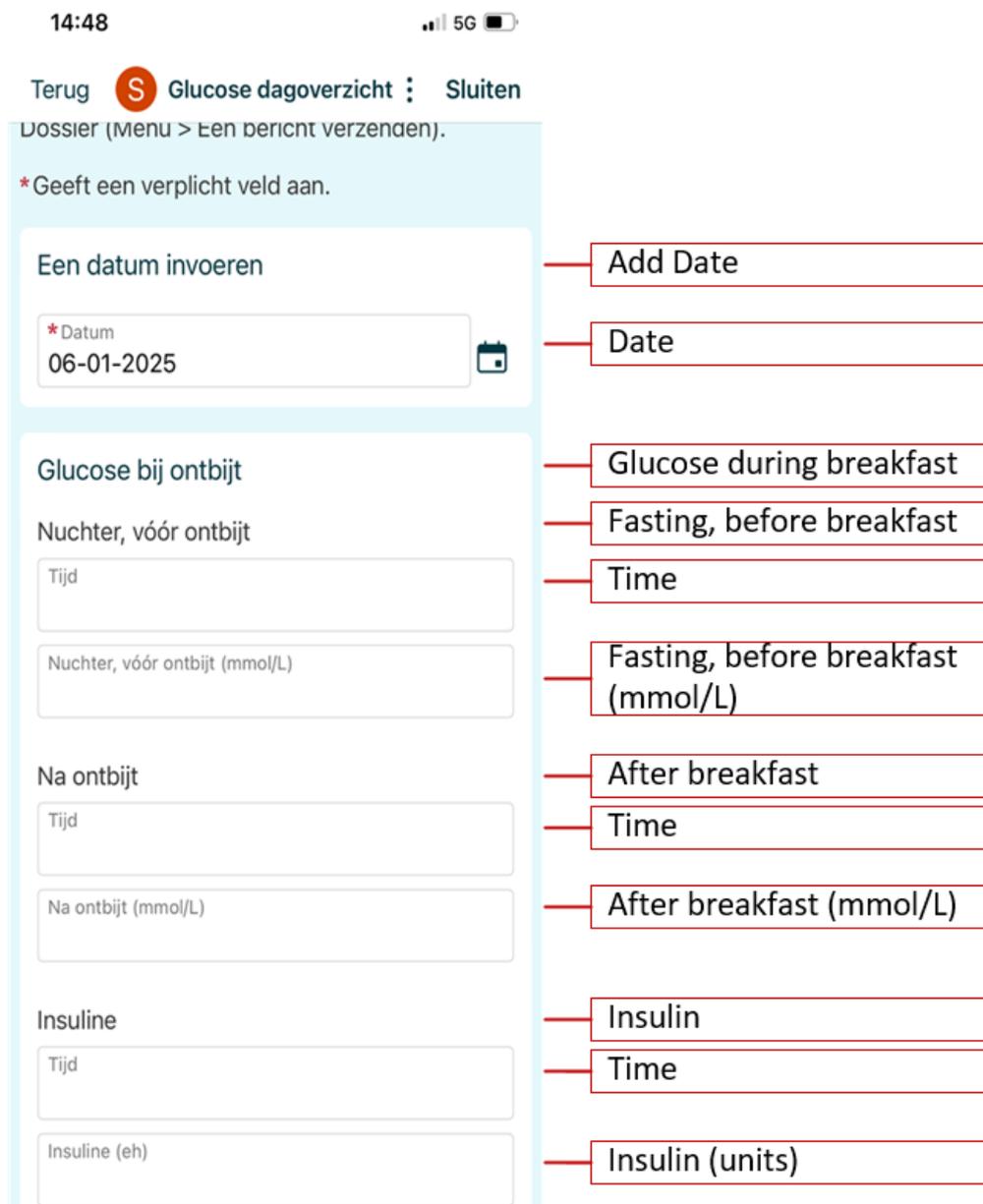
Choose the date for which you want to submit your glucose measurements.



## Step 7

- Enter glucose measurements, insulin values and any comments by clicking on the correct field.
- If there is a decimal point, it is **very important to use commas (X,X)** instead of periods (X.X). Periods are not recognized and will give false measurement.
- In the “Comment” field you can write about what you ate or did that caused your values to be different from normal.
- If a field does not apply to you, you can leave it blank.
- For each measurement, fill in the correct time at which you measured it.
- Then click on “Bewaar” (“Save”) or the save icon :  (depending on your phone operating system) in the upper right corner on the screen to save the data.
- The translation is showed in the red figures below on the left side:

## Translation:



14:48 5G

Terug  Glucose dagoverzicht : Sluiten

Dossier (Menu > Een bericht verzenden).

\* Geeft een verplicht veld aan.

Een datum invoeren

\* Datum  
06-01-2025 

Glucose bij ontbijt

Nuchter, vóór ontbijt

Tijd

Nuchter, vóór ontbijt (mmol/L)

Na ontbijt

Tijd

Na ontbijt (mmol/L)

Insuline

Tijd

Insuline (eh)

Add Date

Date

Glucose during breakfast

Fasting, before breakfast

Time

Fasting, before breakfast (mmol/L)

After breakfast

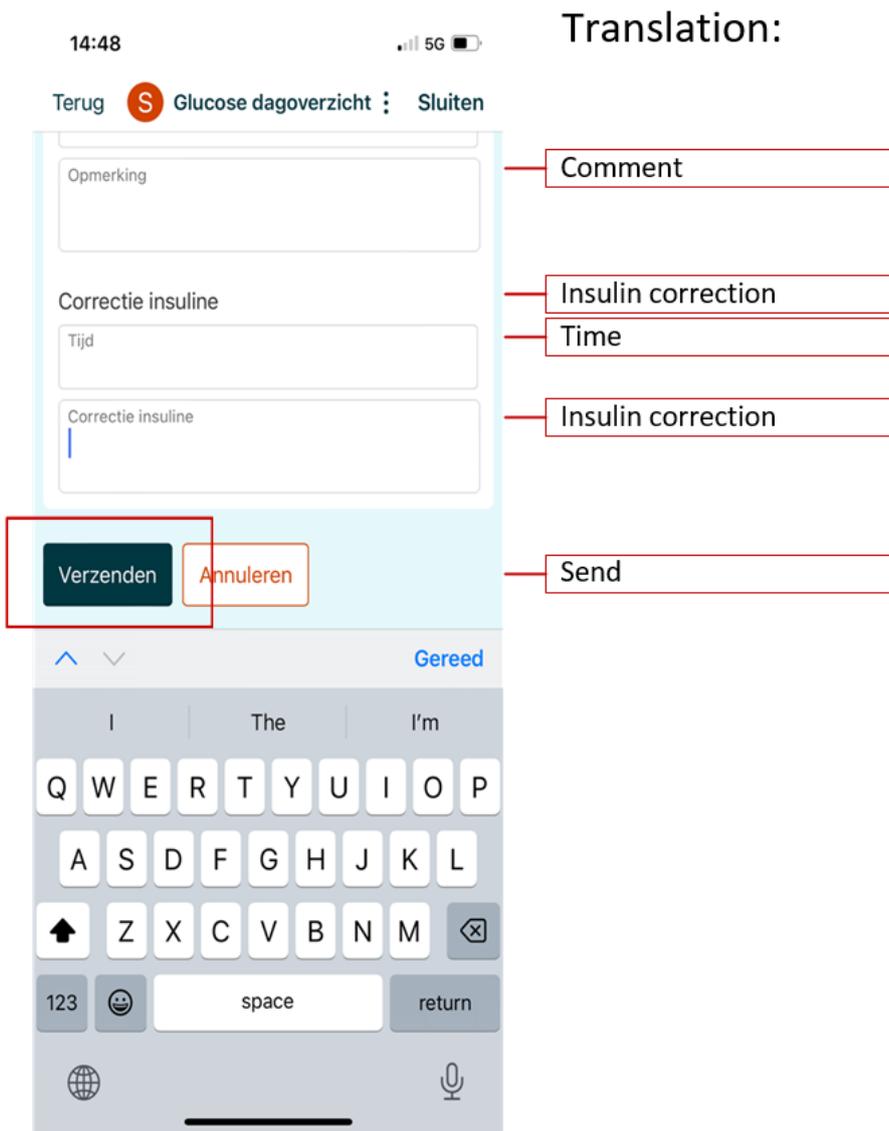
Time

After breakfast (mmol/L)

Insulin

Time

Insulin (units)



### Step 8

Look again at the overview and check your entered values. Do you want to change anything? Then click on “Terug” (“Back”). Are the values entered correctly? Then click on “Verzenden” (“Send”). You can change the data for 24 hours after sending.

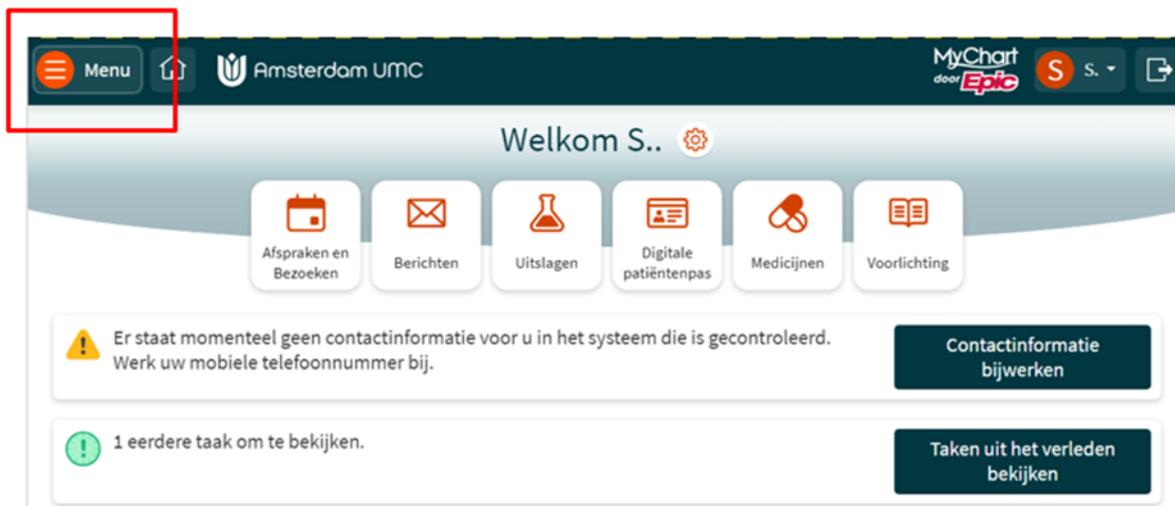
## Entering home measurements via computer

### Step 1

Go to the website: [Mijn Dossier - Inlogpagina \(amsterdamumc.nl\)](https://mijn.dossier.amsterdamumc.nl). Log in with your DigiD or your Username (Gebruikersnaam voor Mijn Dossier) and password (Wachtwoord).

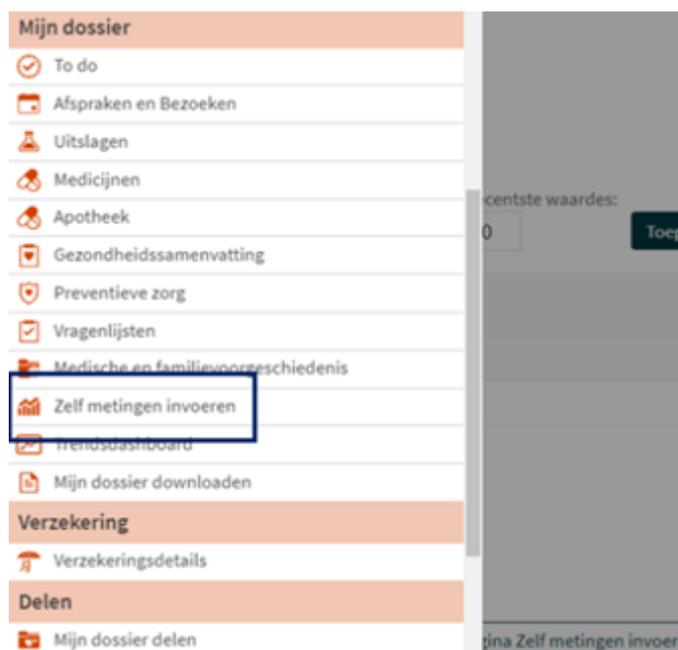
### Step 2

Click on ‘Menu’ in the upper right on the screen.



### Step 3

Click in the menu on “Zelf metingen invoeren” (“Enter my own measurements”) to enter your measurements. See the blue square:



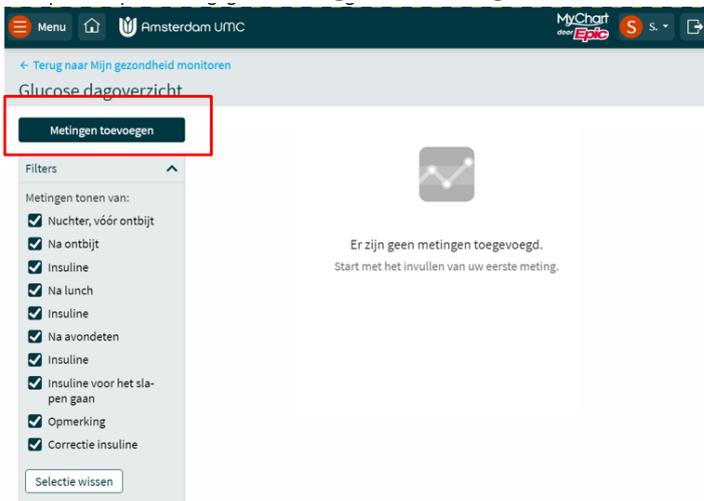
### Step 4

Click on ‘Glucose dagoverzicht’ to go to your daily glucose overview.



## Step 5

Click the button “Metingen toevoegen”, which means adding new data.



## Step 6

Choose the date for which you want to submit your glucose levels.

Een datum invoeren

\* Datum  
20-01-2025



Een datum invoeren

\* Datum  
20-01-2025

« Januari 2025 »

M	D	W	D	V	Z	Z
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Annuleren

Glucose bij ontbijt

Nuchter, vóór ontbijt

Tijd

Na ontbijt

Tijd

## Step 7

- Enter glucose measurements, insulin values and any comments.
- If there is a decimal point, it is **very important to use commas (X,X)** instead of periods (X.X). Periods are not recognized and will give false measurement.
- In the “Comment” field you can fill in what you ate or did that caused your values to be different from normal.
- If a field does not apply to you, you can leave it blank.
- For each measurement, fill in the correct time (HH:MM) at which you measured it.
- Then click on “Doorgaan” to go on.
- The translation is showed on the next page.

## Translation in red boxes:

The screenshot shows the MyChart Epic interface for Amsterdam UMC. It displays three sets of measurement fields for breakfast, lunch, and dinner. Each set includes a Dutch label, a time field, a value field, and an English translation in a red box.

Measurement Type	Dutch Label	Time Field	Value Field	English Translation
Breakfast	Glucose bij ontbijt	Time	5	Glucose during breakfast
	Nuchter, vóór ontbijt	Time	5	Fasting, before breakfast
	* Na ontbijt (mmol/L)	Time	5	Fasting, before breakfast
Lunch	Na ontbijt	Time	7	After breakfast
	* Na ontbijt (mmol/L)	Time	7	After breakfast (mmol/L)
	Insuline	Time	2	Insulin
Dinner	Insuline	Time	2	Insulin (units)
	Glucose bij lunch	Time		Glucose lunch
	Na lunch	Time		After lunch
Dinner	Tijd	Time		After lunch (mmol/L)
	Na lunch (mmol/L)	Time		After lunch (mmol/L)
	Insuline	Time		Insulin
Dinner	Insuline	Time		Insulin (units)
	Tijd	Time		Insulin (units)
	Insuline (eh)	Time		Insulin (units)

## Step 8

Review the overview and check your entered values. Do you want to change anything? Then click on “Terug” (“Back”). Are the values entered correctly? Then click on “Verzenden” (“Send”). You can change the data for 24 hours after sending.

### Translation in red boxes:

The screenshot shows a data entry form with several sections. Red boxes highlight the following elements:

- Andere metingen invoeren** (Other measurements)
- Insuline voor het slapen gaan** (Insulin before sleeping)
- Tijd** (Time) - for the 'Andere metingen' section
- Insuline voor het slapen gaan (eh)** (Insulin before sleep (units))
- Opmerking** (Comment)
- Tijd** (Time) - for the 'Opmerking' section
- Correctie insuline** (Insulin correction)
- Tijd** (Time) - for the 'Correctie insuline' section
- Insulin correction** (Insulin correction)
- Send:** (Send:)
- Verzenden** (Send)
- Annuleren** (Cancel)
- Terug naar startpagina** (Back to start page)