

# Blood Glucose Log

Date	Blood Glucose Before Breakfast	Insulin Type and Number of Units	Blood Glucose Before Lunch	Insulin Type and Number of Units	Blood Glucose Before Dinner	Insulin Type and Number of Units	Blood Glucose Before Bedtime	Insulin Type and Number of Units
1/1	8 a.m. 125	Lispro 5	Noon 175	Lispro 7	5 p.m. 145	Lispro 5	9 p.m. 130	Glargine 15

Place Patient Sticker Here

## Target Blood Glucose

Your target blood glucose range before meals is \_\_\_\_\_ to \_\_\_\_.

Your target blood glucose range before bedtime is \_\_\_\_\_ to \_\_\_\_.

## Follow-up Visit

Have a follow-up visit in \_\_\_\_\_ weeks. Please call to schedule this appointment.

Your follow-up visit will be at this clinic:

\_\_\_\_\_ Phone: \_\_\_\_\_

## When you make your appointment, write down the time and date here:

My follow-up visit is:

on \_\_\_\_\_ (day, date)

at \_\_\_\_\_ a.m. / p.m.

**Bring this "Blood Glucose Log" and your blood glucose meter with you to your follow-up visit.**

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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