



### BLOOD GLUCOSE LOG

<b>Name:</b> <u>Virginia McCool</u>	<b>DOB:</b> <u>9/30/1985</u>	<b>Targets for Blood Glucose</b>	<b>My Targets</b>
<b>Doctor:</b> <u>Cindy Bean</u>	<b>Pharmacist:</b> <u>Anna</u>	Fasting/ Upon Waking	70 to 95 mg/dL
<b>Phone:</b> <u>601-499-0935</u>	<b>Fax:</b> <u>601-499-0936</u>	Post-Prandial/ 1 Hour After Start of Meal	Less than 140 mg/dL
<b>Emails:</b> <u>mfmdiabetes@msadvancedmedicine.com</u>		Post-Prandial/ 2 Hours After Start of Meal	Less than 120 mg/dL

Medication	Breakfast	Lunch	Dinner	Bedtime

**Comments:** \_\_\_\_\_

Date	Fasting Blood Glucose		2 Hr After Breakfast		2 Hr After Lunch		2 Hr After Dinner	
	Time	Result	Time	Result	Time	Result	Time	Result
4/17/2020	0820	91	1033	99	1410	96	?	129
4/18/2020	?	96	1101	86	skipped	?	2033	103
4/19/2020	?	86		120	1220 1 hour	86	2020 1 1/2 hour	96
4/20/2020	0650	93						

Both high and low blood glucose can be harmful to you and your baby. Monitoring and recording your blood glucose is very important for your health as well as the health of your child.

Signs of high blood glucose include: increased thirst, headaches, blurred vision, frequent peeing, weakness, sleepy. If you have high blood glucose, make notes in your log and talk with your provider about whether you need to change your medications, meal plan, or activity level.

Low blood glucose means your blood glucose level is too low (below 60 mg/dL). Symptoms of low blood glucose include being: hungry, nervous/shaky, sweaty, light-headed/confused, sleepy. If you think your blood glucose is too low, check it. If it's below 60 mg/dL, have 1 of these items to raise your blood glucose level:

- 3-4 glucose tablets
- 1 cup (8 oz.) milk
- 5-6 pieces hard candy
- 1 serving of glucose gel (15 gms of carbohydrates)
- 1/2 cup (4 oz.) fruit juice or regular soft drink

After 15 minutes, check your blood glucose again. If it's still low have another serving. Repeat these steps until your blood glucose is at least 70 mg/dL. Follow it with a complete meal.

- Fasting:
- 2Hr Breakfast:
- 2Hr Lunch:
- 2Hr Dinner: