

Home Blood Sugar Monitoring Log

Patient Name: _____ MRN: _____

Patient Phone Number: _____

Insulin Type: _____ Insulin Amount & Times: _____

FASTING is before breakfast and before taking insulin or other medications. **FASTING** and **BEFORE MEAL** readings should range from 80 to 120 mg/dl. If monitoring **AFTER MEALS** wait between 1 to 2 hours after eating. Be consistent. **AFTER MEAL** and **BEDTIME** readings should range from 100 to 150 mg/dl. Also check your blood sugar if you have symptoms of low blood sugar.

DIRECTIONS: Write the date. Write in your blood sugar reading at the times of day that your doctor or provider has told you to check. Also record how much insulin you take at the time that you take it.

Date		Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	2-3AM
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							

Date		Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	2-3AM
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							
	B Sugar							
	Insulin							

Enhanced Care Diabetes Program – UNC Internal Medicine

Phone: 919-843-0391 or 1-866-633-8002 Fax: 919-966-4507