

Tri City Endocrinology and Metabolism: Chris K. Guerin, M.D, F.A.C.E./Derek D. Mafong, M.D.
 Gestational Blood Glucose Logbook

**Pre = just before ** Post = one hour after eating

Patient Name: _____

Date/ Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am
Average								

Medicine-Insulin or Glyburide			
Break-fast	Lunch	Dinner	Bed time

Date/ Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am
Average								

Medicine-Insulin or Glyburide			
Break-fast	Lunch	Dinner	Bed-time

Key: Orals: Glyburide=Gly Insulins: N=NPH H=Humalog R=Regular NL=NovoLog

****Record finger sticks Pre-breakfast & One hour after each main meal**

Usual Normals: Pre-Breakfast = 70-90 and One Hour Post Meals = \leq 120

Revised 8/17/06