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Gestational Blood Glucose Logbook

Name: _____

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

Date	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am

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

Date	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am

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

Usual Normals: Pre-Breakfast = 70-90 One Hour Post Meals = < 120