

**Bolded Box**  = Check Glucose

Date/ Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am
Sun	<b>124</b>							
Mon								
Tue								86
Wed								

Note-Pre and Post = (2hr. after)

**Example-Glucose Values-**  
obtain at *different* times-  
wherever a box is **BOLDED**

Medicine-Oral Agent or Insulin- <i>before</i>			
Breakfast	Lunch	Dinner	Bedtime
Met 500		Met 500	
Glim 2			

**Example-Medicines- take *before***  
meals and bedtime-usually done at  
different times than monitoring

Date/ Day	Breakfast		Lunch		Dinner		Bedtime	
	Pre	Post	Pre	Post	Pre	Post	Pre	3am
Sun	<b>124</b>				<b>111</b>			
Mon		<b>184</b>				<b>202</b>		
Tue			<b>132</b>				<b>134</b>	
Wed				<b>115</b>				<b>186</b>
Thur	<b>213</b>				<b>139</b>			
Fri		<b>96</b>				<b>98</b>		
Sat			<b>211</b>				<b>176</b>	
Average	<b>168</b>	<b>140</b>	<b>171</b>	<b>115</b>	<b>125</b>	<b>150</b>	<b>155</b>	<b>186</b>

Medicine-Oral Agent or <b>Insulin-<i>before</i></b>			
Breakfast	Lunch	Dinner	Bedtime
L20 H12		H10	L8
↓	↓	↓	↓
		<b>H12</b>	
		↓	↓
<b>L22</b>	H12		
↓	↓		

↑ Average Glucoses for each time of day

Insulins: G=Lantus L=Levemir N=NPH NL=NovoLog H=Humalog AP=Apidra R=Regular  
Other: B=Byetta V= Victoza S=Symlin NLM= Novolog Mix 70/30 HM=Humalog Mix 75/25

Orals: Met=Metformin Glim=Glimepiride Gly=Glyburide Glip=Glipizide Star=Starlix J=Januvia JM=Janumet  
Ong=Onglyza MER=Metformin ER Cyc=Cycloset Glum=Glumetza

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**Patient Name:** \_\_\_\_\_

Blood Glucose Logbook.

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

Medicine-Oral Agent or Insulin			
Breakfast	Lunch	Dinner	Bedtime

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Average								

Medicine-Oral Agent or Insulin			
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Notes:



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Blood Glucose Logbook.

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Medicine-Oral Agent or Insulin			
Breakfast	Lunch	Dinner	Bedtime

Notes: