

Weekly Blood Sugar Logbook
Week of Pregnancy:

Date		Before Breakfast	1h after Breakfast	1h after Lunch	1h after Dinner	Bedtime
Fri	Blood sugar:					
	Insulin:					
Sat	Blood sugar:					
	Insulin:					
Sun	Blood sugar:					
	Insulin:					
Mon	Blood sugar:					
	Insulin:					
Tue	Blood sugar:					
	Insulin:					
Wed	Blood sugar:					
	Insulin:					
Thur	Blood sugar:					
	Insulin:					

Your Target Glucose Level: **Fasting (before breakfast) < 5.0, 1 hour after meal < 7.7, 2 hour after meal < 6.6**

Your Long Acting Insulin:

Your Short Acting Insulin:

- 1. Please highlight or bold or use red color for any blood sugar > 5 in the morning, or > 7.7 at 1hour after meal**
- 2. Please indicate how many weeks you are for your pregnancy on the upper left**

Doctor's Recommendations:

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Please check your blood sugar 4-5 times daily: before breakfast, 1 hour after each meal, and before bedtime
Email your sugar log on evening before your next appointment to: info@acehealthcare.ca

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