

## **Blood Sugar Log-Insulin**

			Provider Comr	ments:
NAME:		(518) OK to leave message		
PHYSICIAN:	ID#			
DIABETES MEDICATIONS:	NAME	DOSE	TIME	
My Blood Sugar Goals				
Before meals: 80-110				
2 hours after meals: <b>80-140</b>				
Correction: 1 unit for every				
above	_			<del></del>

## Instructions for Lantus/Levemir patients:

If YOUR BREAKFAST BLOOD SUGARS ARE **MORE THAN 120** FOR 1 DAY, INCREASE LANTUS/LEVEMIR BY **2** UNITS IF YOUR BREAKFAST BLOOD SUGAR IS **LESS THAN 80** FOR 1 DAY, DECREASE LANTUS/LEVEMIR BY **2** UNITS

Day of MO.	Fasting BB	2 hr After Bfst	Before Lunch BL	2 hr After Lunch	Before Dinner BD	2hr After Dinner	Bedtime	Reasons why glucose may be abnormal	Home BP Reading
GOAL	<130	<180	<130	<180	<130	<180	<130		<130/80

Day of MO.	Fasting BB	2 hr After Bfst		Before Lunch BL	2 hr After Lunch	Before Dinner BD	2hr After Dinner	Bedtime	Reasons why glucose may be abnormal	Home BP Reading
GOAL	<130	<180		<130	<180	<130	<180	<130		<130/80
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