## Blood Glucose Monitoring Log Gestational Diabetes

Please record your blood sugar as instructed in the table below.

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| Date:   | Fasting<br>– Before<br>Eating<br>Goal:<br>65-95      | 2 hours<br>after<br>Breakfast<br>Goal: 120<br>or less | 2 hours<br>after<br>Lunch<br>Goal: 120<br>or less | 2 hours<br>after<br>Dinner<br>Goal: 120<br>or less | Bedtime<br>Goal:<br>Less than<br>140 | Comments |  |
|---|--|---|---|--|--------------------------------------|----------|--|
|   |  |   |   |  |                                      |          |  |
|   |  |   |   |  |                                      |          |  |
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|   |  |   |   |  |                                      |          |  |
|   |  |   |   |  |                                      |          |  |
| KEY:  | : Fasting Goal 65-95mg/dl Current Medication Regimen |   |   |  |                                      |          |  |
|   | 2 hrs after meals Goal: 120 or less                  |   |   |  |                                      |          |  |
|   | Bedtime Goal: Less than 140mg/dl                     |   |   |  |                                      |          |  |
|   |  |   |   |  |                                      |          |  |
|   |  |   |   |  |                                      |          |  |
|   |  |   |   |  | NAME                                 |          |  |
|   |  |   |   |  | DOB                                  |          |  |
|   |  |   |   |  | MR #                                 |          |  |
| Mount Carmel, Columbus, Ohio<br>Blood Glucose Monitoring Log<br>Diabetes 107-5-18 |  |   |   |  | FIN #                                |          |  |