

**Test Blood Sugar Level Timing and Targets\***

- 1. As soon as you wake up, no food overnight      Aim for under 5 (4.0-4.9)
- 2. Two hours after you start breakfast              Aim for under 6 (4.0-5.9)
- 3. Two hours after you start lunch                    Aim for under 6 (4.0-5.9)
- 4. Two hours after you start dinner                  Aim for under 6 (4.0-5.9)

Extra tests required in certain circumstances

\*Targets may change in consultation with Midwife/Doctor

Patient Label
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DATE	TREATMENT					BLOOD SUGAR LEVEL								REMARKS
	Units Given/Metformin Taken					Breakfast		Lunch		Dinner		Before bed	Over night	
	Type of insulin	B'fast	Lunch	Dinner	Before bed	Before	After	Before	After	Before	After			
	MF													
	MF													
	MF													
	MF													
	MF													
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**PLEASE BRING YOUR BLOOD TEST METER WITH YOU TO ALL APPOINTMENTS**

PLEASE EMAIL/TEXT/PHONE YOUR DIABETES MIDWIFE AT LEAST ONCE PER WEEK

Diabetes Midwife = \_\_\_\_\_

email = \_\_\_\_\_

phone/text = \_\_\_\_\_