Test Blood Sugar Level Timing and Targets*

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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 (4.0-6.4)
3. Two hours after you start lunch	Aim for under 6 (4.0-6.4)
4. Two hours after you start dinner	Aim for under 6 (4.0-6.4)
Extra tests required in certain circumst	ances

	*Targets may change in consultation with Midwife/Doctor								Patient Label					
DATE		TF	REATME	NT		BLOOD SUGAR LEVEL						REMARKS		
	Units Given/Metformin Taken					Breakfast Lunch Dinner								
	Type of insulin	B'fast	Lunch	Dinner	Before bed	Before	After	Before	After	Before	After	Before bed	Over night	
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PLEASE BRING YOUR BLOOD TEST METER WITH YOU TO ALL APPOINTMENTS

PLEASE EMAIL	/TEXT/PHONE YO	UR DIABETES N	⁄IIDWIFE AT LEAST	ONCE PER WEEK

Diabetes Midwife =	
email =	phone/text =

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 (4.0-6.4) 3. Two hours after you start lunch Aim for under 6 (4.0-6.4) 4. Two hours after you start dinner Aim for under 6 (4.0-6.4) Extra tests required in certain circumstances *Targets may change in consultation with Midwife/Doctor Patient Label TREATMENT BLOOD SUGAR LEVEL Units Given/Metformin Taken Breakfast Lunch Dinner Type of insulin B'fast Lunch Dinner Before After Before After Before After Before After Before After Before After Before Dover pinght

DATE	TREATMENT				BLOOD SUGAR LEVEL							REMARKS		
		Units Giv	ven/Metfo	rmin Take	n	Breakfast Lunch Dinner								
	Type of				Before					_			Over	
	insulin	B'fast	Lunch	Dinner	bed	Before	After	Before	After	Before	After	bed	night	
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Diabetes Midwife =	
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