

# Instruction for Monitoring Blood Sugar at Home

Taking medications as prescribed, eating healthy and being active help you to keep your blood sugars within their target range.

In order to ensure that you have achieved good blood sugar control, we ask that you test your blood sugars at home for one week and complete the following blood sugar monitoring log.

You may be scheduled for a consultation with one of our doctors to review the results of your blood sugar monitoring log. At that time the doctor may make recommendations to help you achieve better blood sugar control, **if** that is needed. The doctor may also recommend you for a consultation with our registered dietitian to review your eating patterns and provide you with information and tools to help you achieve good blood sugar control. The doctor and/or dietitian may ask you to continue testing and recording of your blood sugars at home.

We know that the strips for testing blood sugars are costly. If this request to test sugars regularly causes financial concerns, please let us know so that we can work with you.

## INSTRUCTIONS

- Complete the blood sugar monitoring log on the next page for one (1) week.
- Please follow the instruction on the top of page.
- If you have any questions or concerns, please call our office and ask to speak to a program nurse (403-571-6950).

# BLOOD SUGAR MONITORING LOG

Please test your blood sugars according to the schedule in the table below → you will test your blood sugars 20 times per week.

When to Test Blood Sugar	BREAKFAST		LUNCH		DINNER		BEDTIME
	Right before	Two (2) hours after	Right before	Two (2) hours after	Right before	Two (2) hours after	Right before bed
<b>MONDAY</b>	Time: Sugar:	Time: Sugar:					
<b>TUESDAY</b>					Time: Sugar:	Time: Sugar:	Time: Sugar:
<b>WEDNESDAY</b>			Time: Sugar:	Time: Sugar:			
<b>THURSDAY</b>	Time: Sugar:	Time: Sugar:			Time: Sugar:	Time: Sugar:	Time: Sugar:
<b>FRIDAY</b>			Time: Sugar:	Time: Sugar:			
<b>SATURDAY</b>	Time: Sugar:	Time: Sugar:			Time: Sugar:	Time: Sugar:	Time: Sugar:
<b>SUNDAY</b>					Time: Sugar:	Time: Sugar:	
<b>COMMENTS</b>							

<b>Blood sugar targets for health:</b>	<b>Before a meal:</b> 4.0 to 7.0 mmol/L	<b>Two hours after eating:</b> 5.0 to 10.0 mmol/L
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