UNC HEALTH CARE
GENERAL INTERNAL MEDICINE
THE FUTURE OF HEALTH CARE - TODAY

Home Blood Sugar Monitoring Log

Name: _____ Diabetes Medications:_____

FASTING is before breakfast and before taking insulin or other medications. Readings should range from 80 to 130 mg/dl
BEFORE MEALS is just before eating and before taking any mealtime insulin. Readings should range from 80 to 130 mg/dl
AFTER MEALS is 2 hours after eating. Be consistent. Readings should range from 100 to 150 mg/dl

LOW BLOOD SUGAR is below 70 mg/dl. If this happens, please treat as follows:

1. Drink half a glass of juice OR eat a few peppermint candies
2. Re-check your blood sugar after 15-30 minutes.
3. Repeat until blood sugar is above 70
4. Eat a small snack with a carbohydrate and a protein (ie. Peanut Butter Crackers, Half Sandwich).

DIRECTIONS: Write the date. Please take your blood sugars at the following times:_____

Date	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner

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Date	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner

Diabetes Management Program – UNC Internal Medicine

For help with your diabetes care, contact the Care Assistants:

Last Names **A-F**: Call **984-974-4477** Last Names **G-L**: Call **984-974-4475** Last Names **M-R**: Call **984-974-4478** Last Names **S-Z**: Call **984-974-4474**