



Blood glucose monitoring diary



From: _____ / _____ / _____

To: _____ / _____ / _____

Diabetes reminder

NAME

HEALTH RECORD NUMBER

HEALTH CARE CLINICIAN

MEDICAL OFFICE

Telephone numbers:

1-800-813-2000

AFTER-HOURS URGENT CARE ADVICE

24-HOUR PRESCRIPTION REFILL

General information

Remember: Diabetes management is accomplished by a combination of meal planning, physical activity, weight control, and (for some) medication.

It is also important that you report your blood glucose numbers to your OB Diabetes Care Team nurse on a regular basis. We usually recommend that you report your blood glucose numbers once a week, but you may need to report them more often if you take medication to treat your diabetes.

Target blood glucose levels

Fasting60–94 mg/dl

Two hours after the
start of meals75–119 mg/dl

My favorite activities

My favorite kinds of physical activities:

On a scale of 0–10 with 10 being the most important, how important is staying physically active to you?

0 1 2 3 4 5 6 7 8 9 10

Contact Talk with a Health Coach to get support for maintaining your activity plan before, during, and after any pregnancy. This service is free for Kaiser Permanente members. Call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.

My activity plan

Activity: _____

Time: _____ Frequency: _____

Date	Insulin units taken				Comments (food, activity, illness)
M	Type	a.m.	p.m.	Bedtime	
T	Type	a.m.	p.m.	Bedtime	
W	Type	a.m.	p.m.	Bedtime	
Th	Type	a.m.	p.m.	Bedtime	
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Blood glucose numbers

Breakfast		Lunch		Dinner		Bedtime
Before	After	Before	After	Before	After	

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Hemoglobin A1c (HbA1c or A1c)

The level of HbA1c in your blood is an excellent measure of overall blood glucose control.

The HbA1c reflects your average blood glucose level over a two- to three-month time period.

To measure your diabetes control, your doctor may want to do this test one to four times per year, depending on your health status.

The HbA1c level does not change daily or with meals, as your blood glucose tests do.

Medical waste safety

Exposure to another person's blood can lead to the risk of infection or disease. Please follow these medical waste guidelines.

- Never share needles, lancets, or lancet devices.
- Dispose of lancets and syringes in an approved medical waste container.
- Check with your county health department or residential waste-hauling company for information about proper disposal in your area.



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