

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

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													
	MF													
	MF													
	MF													
	MF													
	MF													

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 = _____

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

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													
	MF													
	MF													
	MF													
	MF													
	MF													

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 = _____