



Maitri Health Care for Women
Obstetrics, Gynecology and Midwifery

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Glucose Monitoring Instructions

Check your blood sugar first thing in the morning, fasting before breakfast, coffee or tea.

Check your blood sugar 2 hours after each meal three times a day (2 hour post prandial).

- If you cannot wait to check your blood sugar 2 hours after your meal, you can check it one hour after your meal. Just be sure to record this in the log.
- Start timing from the start of your meal, check your blood sugar 2 hours after the start of the meal.

Blood glucose goals:

*Fasting < 95

1 hour after eating < 140

*2 hour after eating < 120

Week Of:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fasting							
Breakfast 2 hours after							
Lunch 2 hours after							
Dinner 2 hours after							

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fasting							
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Lunch 2 hours after							
Dinner 2 hours after							

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