

## Capital Care Medical Group Blood Sugar Log

**Provider Comments:** 

NAME:	PHONE: <u>(</u> □ O⊦	-	
PHYSICIAN:	ID#		
DIABETES MEDICATIONS:	NAME	DOSE	TIME
My Blood Sugar Goals			
Before meals: 80-110			
2 hours after meals: <b>80-140</b>			
Correction: 1 unit for every			
above			

## <u>Instructions for Lantus/Levemir patients:</u>

If YOUR BREAKFAST BLOOD SUGARS ARE **MORE THAN 120** FOR 1 DAY, INCREASE LANTUS/LEVEMIR BY **2** UNITS IF YOUR BREAKFAST BLOOD SUGAR IS **LESS THAN 80** FOR 1 DAY, DECREASE LANTUS/LEVEMIR BY **2** UNITS

DATE TIME	TIME	INSULIN DOSE	BREAKFAST		LUNCH		DINNER		BEDTIME	COMMENTS/STEPS
	ITME		PRE	2 HR	PRE	2 HR	PRE	2 HR	PRE	COMMENTS/STEPS
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