

DR. SHREYA'S ENDOCRINOLOGY CLINIC

Blood Glucose Monitoring Chart

Patient Name..... Age..... Sex.....

Date		Fasting	After Break Fast (2Hrs.)	Before Lunch	After Lunch (2Hrs.)	Before Dinner	After Dinner (2Hrs.)	3AM	Remarks
	Blood Glucose								
	Insulin								
	Blood Glucose								
	Insulin								
	Blood Glucose								
	Insulin								
	Blood Glucose								
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	Blood Glucose								
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	Blood Glucose								
	Insulin								
	Blood Glucose								
	Insulin								

Abbreviations-

R-Actrapid/Regular Insulin
 N-Insulatard/NPH Insulin
 M30-Mixtard-30/ Huminsulin 30/70
 M50-Mixtard-50/ Huminsulin 50/50

ER-Eglucent Rapid
 HL-Humalog
 AP-Apidra
 NM30-Novomix-30
 NM50-Novomix-50
 NR-Novorapid

HM25-Humalog mix-25/Eglucent mix-25
 HM50-Humalog mix-50/Eglucent mix-50
 LV-Levemir
 L-Lantus/Basalog
 To-Toujeo