Manuli Internal Medicine, PLLC

Blood Glucose Monitoring

Name:_____ Date of Birth: _____

DATE	FASTING	2 HOURS AFTER BREAKFAST	BEFORE LUNCH	2 HOURS AFTER LUNCH	BEFORE SUPPER	2 HOURS AFTER SUPPER	BEDTIME	AM MEDICATION DOSE	PM MEDICATION DOSE	COMMENTS

Target range: Before meals 80-120 2 hours after meals 160 or less Before bed 100-140

Fasting mean <u>before</u> breakfast and <u>before</u> taking diabetes medicine

If you have more than one blood glucose reading under 70 contact Dr. Manuli's office at 252-338-5183