# Blood Sugar Record (with Insulin)

Patient Name: ___________________________________  Phone Number: __________________

Physician/NP Name: ___________________________________  Clinic Number: __________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Medications</th>
<th>Breakfast Before Units of Insulin</th>
<th>Lunch Before Units of Insulin</th>
<th>Dinner Before Units of Insulin</th>
<th>Bedtime</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

**Blood Sugar Record**  A1C: __________%

If BG ↓ 100; eat snack

### Additional Instructions

- **150-200**: +2 units
- **201-250**: +4 units
- **251-300**: +6 units
- **301-350**: +8 units
- **↑ 350**: +10 units
- **150-200**: +1 unit
- **201-250**: +2 units
- **251-300**: +3 units
- **301-350**: +4 units
- **↑ 350**: +5 units
- **180-230**: +2 units
- **231-280**: +4 units
- **281-330**: +6 units
- **331-380**: +8 units
- **↑ 380**: +10 units
- **180-230**: +1 unit
- **231-280**: +2 units
- **281-330**: +3 units
- **331-380**: +4 units
- **↑ 380**: +5 units
Patient Action Plan

Good blood sugar control is important for your overall health and well being. The priority of the Endocrinology Department is to help you improve your quality of life. Achieving good blood sugar control requires your active participation.

**High Blood Sugar**
If your blood sugars before meals and bedtime are repeatedly above _____ mg/dL, you need to be evaluated by your health care team as soon as possible.

**Low Blood Sugar**
If your blood sugars are repeatedly below _____ mg/dL, you need to be evaluated by your health care team as soon as possible.

**Blood Sugar higher than recommended**
If your blood sugars before meals are repeatedly more than _____ mg/dL, make an appointment with your health care team for adjustments to your medications, diet, or physical activity.

**Blood Sugar at recommended levels**
If your blood sugars before meals are between 80 mg/dL and 140 mg/dL, continue to take your medicine, eat healthy, monitor your blood sugar, and follow up with your health care team.

We are here to help you. Please keep your appointments, ask questions, and share any concerns you have with us.

**Endocrinology Department**
8:00 am - 4:30 pm, Monday-Friday

504-842-4023

**Endocrinologist On Call**
after hours and weekends

504-842-3000

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