

Blood Sugar Record (without Insulin)

Patient Name: _____ Phone Number: _____

Physician/NP Name: _____ Clinic Number: _____

Blood Sugar Record								A1C: _____%	
Date	Breakfast		Lunch		Dinner		Bedtime	Comments	
	Before	2 hr After	Before	2 hr After	Before	2 hr After			
								If BG ↓ 100; eat snack	

Additional Instructions

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

Item: 56121
Revised: 05/2016

