



Self-Monitoring Blood Glucose System

Self-Test Log Book

Name	
Address	
Home Tel.	Office Tel.
Doctor	Tel.
Diabetes educator	Tel.
Pharmacy	Tel.
Insulin/Pills	
In case of emergency contact	

	Break	(fast	Lur	Lunch		ner	Bedt	ime
Date	Blood G Before	Hucose After	Blood Glucose Before After		Blood G Before	Hucose After	Blood Glucose	Insulin
Mon.								
Tue.								
Wed.								
Thr.								
Fri.								
Sat.								
Sun.								

	Break	(fast	Lur	Lunch		ner	Bedt	ime
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EASYMax Self-Mon Blood Glu

Self-Monitoring Blood Glucose System

Target blood sugar ranges for someone without diabetes are:

Before breakfast 70-105 mg/dL 3.9-5.8 mmol/L

Before lunch or dinner 70-110 mg/dL or 3.9-6.1 mmol/dL

1 hour after a meal less than 160 mg/dL or 8.9 mmol/L 2 hour after a meal less than 120 mg/dL or 6.7 mmol/L

Source by: Krall, LP., and Beaser, R.S.: Josilin Diabetes Manual. Philadelphia: Lea and Febiger (1989), 138.

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