SAINT JOSEPH MERCY HEALTH SYSTEM
A MEMBER OF TRINITY HEALTH

- ❑ ST. JOSEPH MERCY HOSPITAL
- ❑ MCPHERSON HOSPITAL
- ❑ SALINE COMMUNITY HOSPITAL

Center for Diabetes Education and Management

Blood Glucose Monitoring Flow Sheet For Use During Pregnancy

Name: _____ Phone: _____

Diabetes Nurse Educator: _____ Phone: _____

Diabetes Nutritionist: _____ Phone: _____

Obstetrician/Gynecologist: _____ Phone: _____

When to test: Four times each day (before breakfast, 1 hour after breakfast, 1 hour after lunch, and 1 hour after dinner).

Target Range: Less than 95 before breakfast.
Less than 140 one hour after meals.

Special Instructions: **Your doctor and/or diabetes team will:**

1. Need to be called IF **two or more blood sugars are above the target range within a 7 day (i.e. 1 week) interval - regardless of the reason.**
2. Decide if the times or frequency of blood testing need to be changed.

Date	Glucose Before Breakfast	Glucose After Breakfast	Glucose After Lunch	Glucose After Dinner	Comments

Date	Glucose Before Breakfast	Glucose After Breakfast	Glucose After Lunch	Glucose After Dinner	Comments