Maryland Perinatal Associates

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Patient Label

SELF-MONITORING BLOOD GLUCOSE SHEET

	Blood sugar Fasting (before breakfast)		Blood sugar 1 hour after breakfast		Blood sugar 1 hour after lunch		Blood sugar 1 hour after dinner		Blood sugar during night / early morning	
Date	**Time**	**Result**	**Time**	**Result**	**Time**	**Result**	**Time**	**Result**	**Time**	**Result**

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