Obstetrix Medical Group of Dallas

BLOOD SUGAR REGISTER

OBSTETRIX MEDICAL GROUP

PATIENT NAME _____

☐ ADA diet only

☐ ADA diet and Glyburide (or Metformin):

Morning dose (7-9AM) _____ mg
Evening dose (7-9PM) _____ mg

OR

Morning dose (7-9AM) _____ mg
Before lunch dose _____ mg
Before dinner dose _____ mg
Evening dose (9-10PM) _____ mg

☐ ADA diet and INSULIN:

	NPH (N Insulin) units	**Short-acting (e.g. R Insulin)**	**Other Insulin:** _____
Before Breakfast	_____ units	_____ units	_____ units
Before Lunch		_____ units	_____ units
Before Dinner		_____ units	_____ units
Bedtime (around 10PM)	_____ units		_____ units

☐ POSTPRANDIAL INSULIN (sliding scale):

If glucose 2h postprandial is >150mg/dl, than administer once short-acting insulin (eg. Regular insulin) 2u for every 30mg/dl elevation

For example: if FS is 195 mg/dl, give yourself once 4u of regular insulin – 150+30+15=195mg/dl that is 2+2=4u of insulin)...

Indicate below what are your blood sugar (glucose) when you wake up, and ☐ 1 hour, or ☐ 2 hours after the meal.

Date	Fasting (<95 mg/dl)	After breakfast (<120 mg/dl)	After lunch (<120 mg/dl)	After dinner (<120 mg/dl)		Notes

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