



ENDOCRINOLOGY & DIABETES UNIT

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BLOOD GLUCOSE LOG FOR NEW PATIENTS ON CONVENTIONAL INSULIN

(for use until first clinic follow-up appointment)

Patient: _____ Contact Name: _____

Date of Birth: _____ Date of Diagnosis: _____

Phone: _____ E-mail: _____

Date	Blood sugar					Insulin given				Comments <i>exercise, illness, etc.</i>
	AM	noon	supper	bed	night	AM	noon	supper	bed	

LONG-ACTING INSULIN DOSE

(Humulin N / Novolin NPH / Levemir / Lantus / Basaglar)

Breakfast	Lunch	Supper	Bedtime

SHORT-ACTING INSULIN DOSE

(Humalog / NovoRapid / Apidra)

Blood sugar	Breakfast	Lunch	Supper	Bedtime

OTHER QUESTIONS, RECOMMENDATIONS