

DIABETES SELF MONITORING JOURNAL

Name: _____

PLEASE BRING THIS RECORD TO ALL VISITS

Month	Break before	fast after	Lun before	ch after	Din before	ner after	Bedtime	Dosage/comments
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
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23								
24								
25								
26								
27								
28								
29								
30								
31								

	<u>Acceptable *</u>	<u>Your BS goals</u>
Fasting or Before a meal	80-120 mg/dl	_____
One hour after a meal	100-180 mg/dl	_____
Two hours after a meal	80-150 mg/dl	_____
Three hours after a meal	80-120 mg/dl	_____
Bedtime	100-140 mg/dl	_____
3 a.m.	70-110 mg/dl	_____

*Elderly can maintain blood glucose levels on the high side of their established "normal" range.

What are some symptoms of:

- Hyperglycemia** (high blood sugar)-high blood sugar, high levels of sugar in urine, frequent urination, and increased thirst
- Hypoglycemia** (low blood sugar)-shakiness, dizziness, sweating, headache, pale skin color, and difficulty paying attention

Activities that Affect Blood Sugar Levels

Things that can make blood sugar *high*:

- Eating more than usual
- Eating foods that have a higher sugar content
- Exercising less than usual
- Stress
- Sickness
- Taking certain medicines
- Forgetting to take your diabetes medicines

Things that can make blood sugar too *low*:

- Eating less than usual
- Exercising more than usual
- For insulin users, taking more insulin than needed
- Delaying or skipping a meal
- Too much alcohol

ADDITIONAL RECOMMENDATIONS:

- Lose Weight/Maintain Goal Weight/Exercise
- No Smoking/Quit
- Blood Pressure Goal < 135/85
- Foot Inspection-daily
- Aspirin-daily (unless contra-indicated)

DONE?

- Fasting Lipid Profile (cholesterol)-annually-----
- Kidney/Urine Test-annually-----
- Diabetic Eye Exam-annually (request report to Dr Zwaan)-
- Flu Shot-annually-----

HbA1c Blood Test-quarterly, before office visit (goal 6-7, good control 7-8, action/change needed > 8)-----

The HbA1c test shows your average blood glucose level over the *previous* 2-3 months. Proper blood sugar tracking is a 2-step process that includes regular blood sugar testing at home and an HbA1c Laboratory Test at least twice each year.

