

# Instructions

for \_\_\_\_\_ (patient name)

Living Well with Your Health Conditions

Date: \_\_\_\_\_

■ **Your target blood glucose is:**

- 4 – 7 mmol/L before meals
- 5 – 10 mmol/L after meals
- 5 – 8 mmol/L before bed (4 or more hours after supper)
- \_\_\_\_\_ (other)

■ **Eat:**

- Three (3) meals daily, spacing meals **no more than** six (6) hours apart

You will need to see a registered dietitian who will help you understand what, how much, and when you need to eat.

- \_\_\_\_\_ (other)

■ **Test your blood glucose:**

- Once daily, alternating before meals and before bed
- Twice daily, alternating before breakfast and before supper, with before lunch and before bed
- Twice daily, before and 2 hours after meals, alternating meals
- Four times daily, before meals and before bed
- \_\_\_\_\_ (other)

**Please Turn Over**

■ **Diabetes medication has been prescribed for you –**

- Yes       No

**If yes, take:**

1) _____	}	before <b>Breakfast</b>
2) _____		
1) _____	}	before <b>Lunch</b>
2) _____		
1) _____	}	before <b>Supper</b>
2) _____		
1) _____	}	before <b>Bed</b>
2) _____		

■ **Follow-up with your:**

- Family physician in 1 – 2 weeks
- Diabetes specialist in 7 – 10 days
- Diabetes Program \_\_\_\_\_ (phone #)
- \_\_\_\_\_ (other)

**Remember to take your Logbook and your meter to ALL your appointments!**

■ **Take your meter to the laboratory when your physician sends you to the laboratory for a fasting blood glucose.**

While in the laboratory, **use your meter to test your blood glucose.** Your meter result will be compared to the laboratory result to check your meter’s accuracy.

■ **Other:**

- \_\_\_\_\_
- \_\_\_\_\_.