

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 Breakfast
2) _____		
1) _____	}	before Lunch
2) _____		
1) _____	}	before Supper
2) _____		
1) _____	}	before Bed
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:**

- ☐ _____
- ☐ _____.