Salt Lake City Office
801-743-4700

Ogden Office:
801-479-4266

MATERNAL-FETAL MEDICINE SPECIALISTS OF THE MOUNTAIN STATES | pediatrix

mfm.diabetes@pediatrix.com

Timpanogos Office:
801-225-1937

Idaho Falls Office:
208-528-2925

Blood Sugar Goals

Fasting: 70-95 **1 hr: <140** **2hr: <120**

Date	Fasting	1hr after breakfast	Before Lunch	1hr after Lunch	Before Dinner	1hr after Dinner	Extra blood sugars/time	Medication Adjustments/Notes

Med:	AM	Lunch	Dinner	Bedtime
Meal Insulin: (Clear, Fast)				
Long Acting Insulin/NPH (cloudy/ slow)				
Metformin				

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Meal Insulin: (Clear, Fast)				
Long Acting Insulin/NPH (cloudy/ slow)				
Metformin				

Insulin Pump Basal Rates: **Insulin Pump Carb Ratios:** **Insulin Pump Correction Factor:**

Name:_____