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Memphis Obstetrics & Gynecological Association, P.C.

Blood Sugar Log

Please **RECORD BLOOD SUGARS 4 TIMES A DAY**:
Immediately upon waking in the morning, before eating or drinking anything (Fasting) AND
1 hour OR **2 hours after each meal** daily (as instructed by your doctor or nurse)...just **be consistent**.

Fasting: 95 or less
☐ **1 hour after eating**: 140 or less OR ☐ **2 hours after eating**: 120 or less

Date	Fasting	After Breakfast	After Lunch	After Dinner	Notes: (insulin/medication/etc)

Please bring your blood sugar log to every appointment.
You can also send your blood sugar log to the office by logging into the patient portal to create a message: go to messages, compose message-> choose your provider's name -> for the subject choose "medical question" -> in the subject line, enter "blood sugar log"->in the message field, tell us how you are doing & any issues you've had -> then "attach a document or a photo" to add your blood sugar log -> once the image loads, select "send message".