Perinatal SPECIALISTS OF KANSAS CITY

Blood Sugar Log

Email by Wednesday of each week to info@kcperinatal.com

Name _____ **Medication(s)** _____ □ No medications

Date	Fasting (<95)	Breakfast Time	2 Hours After Breakfast (<120)	Lunch Time	2 Hours After Lunch (<120)	Dinner Time	2 Hours After Dinner (<120)

Thank you for trusting Perinatal Specialists of Kansas City to care for you during your pregnancy.
Our clinic policy is to review glucose logs weekly for all diabetic patients (gestational, Type 1, or Type 2), unless instructed otherwise.
Feedback to you from our team may occur though the secure patient portal, during a telehealth appointment, or in person at an office visit.

A note about continuous glucose monitors (CGMs)

- CGMs are a recent advancement in diabetes surveillance that alleviate the need to stick your finger multiple times per day.
- These devices offer a considerable amount of data with regard to your glucose control over a 24-hour period.
- Please let your care team know if you utilize a CGM; we may, at times, ask for additional information you can view on your app during glucose log review.
- **We will not routinely log into your profile** to review your glucose control.
- It is the responsibility of the patient to complete the log and send to our office weekly.