

Check Fastings-upon waking up before eating or drinking other than water

2 hour post meals: 2 hours after breakfast, lunch, and dinner

1 hour post meals: for some, it is easier to check one hour after meal

You may check Fastings and either 1 or two hours post meal (1 hour after meals <140)

Blood Sugar Log



If our team manages your glucose
Send by Wednesday of each week
through your Patient Portal

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.