Lemon-AID
Medical Management

DIABETES BLOOD SUGAR LOG

Bring this log to every visit. The numbers you write down tell us more about how your diabetes is doing day to day than a single reading taken in the office does, and they are what we use to decide whether your medication needs to change.

Name of Patient (Printed) _____

Date of Birth _____

Week Beginning _____

MY TARGETS

My most recent A1C _____

Date A1C was drawn _____

My A1C goal _____

My blood sugar goal before meals _____ mg/dL

My blood sugar goal 2 hours after meals _____ mg/dL

My blood sugar goal at bedtime _____ mg/dL

My physical activity goal _____

Check your blood sugar at the times your provider has asked you to. You do not need to fill in every box every day — fill in the ones that apply to you.

BLOOD SUGAR RECORD

Date	Fasting / Before Breakfast	Before Lunch	Before Dinner	Bedtime	2 Hours After a Meal	Notes (food, activity, illness, missed dose, low sugar)

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Date	Fasting / Before Breakfast	Before Lunch	Before Dinner	Bedtime	2 Hours After a Meal	Notes (food, activity, illness, missed dose, low sugar)

MEDICATION AND INSULIN

Medication or Insulin	Dose	When I Take It	Notes

LOW BLOOD SUGAR: WHAT TO DO

A blood sugar level below 70 mg/dL is too low and needs treatment right away. Signs include shakiness, sweating, a fast heartbeat, hunger, confusion, irritability, dizziness, or blurred vision.

FOLLOW THE 15-15 RULE. Take 15 grams of fast-acting sugar, wait 15 minutes, then recheck your blood sugar. If it is still below 70, repeat. Once it is above 70, eat a snack or meal if your next meal is more than an hour away.

15 grams of fast-acting sugar is any one of these:

- 4 glucose tablets, or one tube of glucose gel
- 4 ounces (half a cup) of juice or regular, non-diet soda
- 1 tablespoon of sugar, honey, or syrup
- Hard candies — check the label for how many equal 15 grams

Do not use foods with fat in them, such as chocolate, to treat low blood sugar. Fat slows down how fast the sugar gets into your blood.

If you take insulin or a sulfonylurea, keep fast-acting sugar with you at all times, and tell the people you live and work with how to recognize a low blood sugar and what to do about it.

WHEN TO CALL US

CALL THE OFFICE

- Blood sugars are consistently above your goal for several days in a row

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- Blood sugars are consistently below 70 mg/dL, or you are having low blood sugars more than twice a week
- You have a low blood sugar that you cannot explain, or that happened overnight
- You are sick, not eating normally, vomiting, or have diarrhea — your medication may need to be adjusted
- You are starting a new medication, including a steroid such as prednisone
- You have a sore or wound on your foot that is not healing

SEEK EMERGENCY CARE — CALL 911

- A low blood sugar that does not come up after two rounds of the 15-15 rule
- Someone with diabetes is confused, unable to swallow safely, having a seizure, or unconscious — do not put anything in their mouth; give glucagon if you have it and call 911
- Blood sugar above 300 mg/dL with nausea, vomiting, abdominal pain, deep or rapid breathing, breath that smells fruity, or drowsiness

Reviewed with patient by: _____ Date: _____ / _____ / _____

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