Contour Clinilog[®] Blood Sugar Log Sheet

	Name	I have diabetes. In case of emergency, please notify:					
My Personal Information	Address	Name					
	City	Relationship					
	Prov Code	Address					
	Telephone ()	City					
		Postal Prov Code					
My Doctor	Name	Telephone ()					
	Telephone ()						

TESTING YOUR BLOOD GLUCOSE'

When should you test your blood glucose?

Your doctor or health care team will help you decide when to test. Testing at different times is a good idea because it helps you to understand how daily events affect your blood glucose levels. Here are some helpful times to choose from:

- Before breakfast this is called the fasting glucose. Fasting means you have not had any food in 8 hours or more
- 2 hours after breakfast, lunch or supper this is called the postprandial blood glucose
- Before lunch or supper
- Before bedtime
- At 2:00 or 3:00 a.m., if you take insulin

When should you test your blood qlucose more often?

Testing frequency varies with each person. It is a good idea to do extra tests when:

- There are changes in your diabetes treatment plan
- You start a new medication for diabetes
- You think your blood glucose might be too low or high
- You are sick

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Recommended Blood Glucose Targets ¹								
Time of day	Your target							
Before meals	4.0 – 7.0 mmol/L							
2 hrs after meals	5.0 – 10.0 mmol/L							

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week of: = Pre-meal $\underline{\gamma}$ = After meal											
	BF	REAKF	AST	LUNCH			DINNER			OTHER	
DAY	Ŭ	Ĭ	Carbs/ Insulin	Ŭ	Ť	Carbs/ Insulin	Ŭ	Ť	Carbs/ Insulin	Bedtime	Medication
Μ	Comments:										
Tu											
w	Comments:										
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Sa	Comments:										
	Comments:										
Su	Comments:										

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Clinilog[®] Blood Sugar Log Sheet

Week of: \checkmark = Pre-meal \checkmark = After me										= After meal		
	BREAKFAST			LUNCH			DINNER			OTHER		
DAY	Ŭ	Ť	Carbs/ Insulin	Ŭ	Ň	Carbs/ Insulin	Ĭ	Ň	Carbs/ Insulin	Bedtime	Medication	
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Week of: \checkmark = Pre-meal \checkmark = After meal										= After meal		
	BREAKFAST			LUNCH			DINNER			OTHER		
DAY	Ŭ	Ť	Carbs/ Insulin	Ŭ	Ť	Carbs/ Insulin	Ť	Ň	Carbs/ Insulin	Bedtime	Medication	
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1. Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2018;42(Suppl 1):S1-S325.

