Department of Internal Medicine & Diabetes

Al Zahrawi Hospital LLC, RAK, UAE

Self Monitored Blood Glucose Record

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Patient's Name…… **File No/ Patient ID: AZH……..**

TARGET GOAL FBG 80 – 120 mg%

PPBG: if 2 hours < 160 mg%,

Date	Insulin Dose	Before Breakfast	2 hours after Breakfast	2 Hours After Lunch	2 Hours After Evening Meal	Remarks