Department of Internal Medicine & Diabetes

Al Zahrawi Hospital LLC, RAK, UAE

Self Monitored Blood Glucose Record for Gestational Diabetes

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

TARGET GOAL FBG: 69 to 94 mg%

PPBG: if 2 hours < 120 mg%, if after one hour <140 mg%

Date	Insulin Dose	Before Breakfast	1 hour after Breakfast	1 Hour After Lunch	1 Hour After Evening Meal	Remarks