NORTH GEORGIA FAMILY MEDICINE

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Blood Sugar Log

Good blood sugar control is important for reducing complications from diabetes such as kidney damage, heart disease, stroke, retinopathy, and neuropathy. Ask your doctor how often you need to check your blood sugars. Depending on your diabetes and how well-controlled your diabetes is, this may vary from person to person. **If you require frequent blood sugar checks, you should check fasting (first thing in the morning), before bedtime, and 2 hours after each meal.**

ALWAYS BRING YOUR LOG TO EACH DOCTOR'S APPOINTMENT.

Date	Fasting	2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	Before Bedtime

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If your blood sugars are abnormally high or low, be certain to call your doctor. Signs of low blood sugar include feeling shaky, nauseated, or weak. Blood sugars should not go below 70. Symptoms of high blood sugar includes blurry vision, excessive thirstiness, excessive urination, and feeling hungry all of the time. Be sure to let your doctor know if you experience any of these symptoms.

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