My Blood Glucose Log

Name:	
My blood glucose goal:	 mg/dl
Doctor's instructions: _	

Some over-the-counter medications can affect your blood glucose, also known as blood sugar, so it's important to talk with your doctor before taking any over-the-counter medications.

Recommendations for measuring blood glucose:

- Measure your blood glucose based on your doctor's recommendations, usually before a meal and before bed.
- You and your doctor will decide what a good blood glucose level is for you, the American Diabetes Association generally recommends:
 - o Between 80 and 130 mg/dl before meals
 - Less than 180 mg/dl two hours after meals
- Record your blood glucose, prescription medication and over-the-counter medication in the table below. If any new symptoms arise notify your doctor right away.

Date	Time	Blood Glucose	Medication name	Medication Dose/Time	Notes