Date | Before breakfast | 1h or 2h after Breakfast | 1h or 2h after Lunch | 1h or 2h after Dinner
---|-----------------|-------------------------|---------------------|---------------------

Goals for blood glucose
Before breakfast (fasting): Less than 95
1 hour after meals: Less than 140
2 hours after meals: Less than 120

- If blood glucose is less than 60, drink a small cup of milk (6 oz)
- If blood glucose is more than 200, call the office
- Please circle (or write out) whether post-meal glucose is 1h or 2h

Please fax or email results on Thursday morning
Fax to 646-525-3670, attn: Yorleny Sherrier
Email to gdm@mfmnyc.com
Please bring glucometer to office visits