



The Leading Edge in Women's Health

Goals for blood glucose

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

Name: _____

Date of birth: _____

Due date: _____

Log end date: _____

Phone number: _____

GDM regimen: _____

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

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

- 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