GLUCOSE Monitoring Chart - Diabetic Patient (血糖记录表 - 糖尿病者)

National University Polyclinics

Name/ 姓名:

Appointment Date/Time 预约日期 / 时间: __

**Please bring this form for your next appointment.

Blood Glucose Readings (mmol/L)																
Date 日期		Breakfast 早餐				Lunch 午餐				Dinner 晚餐				* 0	thers	
		Pre - Breakfast 早餐前		2 hrs Post-Breakfast 早餐后		Pre -Lunch 午餐前		2 hrs Post-Lunch 午餐后		Pre –Dinner 晚餐前		2 hrs P 晚餐后	2 hrs Post - Dinner 晚餐后		其他	** Remarks 备注
		Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L) Time	(mmol/L)	Time	(mmol/L)	-
Blood Glucose Reading (mmol/L)			Low [#] Good		Good (Optima		al) Slight				High Va (Unacceptable) (U		Very High (Unacceptable)		Extremely High (Unacceptable)	
Pre - Meals			Less than 4.0		4.0-6.0	4.0—6.0		6.1—8.0		8.1—10.0		10.1—13.0 1		13.1—15.0		Higher than 15.0

10.1-13.0

13.1-15.0

Note:

Post - Meals/ Others

* Others - e.g. Bedtime; Hypoglycaemia symptoms such as giddiness, sweatiness, etc; Hyperglycaemia symptoms such as severe thirst, polyuria, giddiness, etc

7.1-10.0

**Remarks - state possible reason(s) when glucose levels are low, high or very high (eg. delayed meals, missed meals, after strenuous exercise, etc) * Hypoglycaemia is glucose less than 4mmol/L at any time of the day.

5.0-7.0

Less than 5.0

Higher than 22.0

15.1-22.0