## Sugar Readings Phone # \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: 734-682-5243 OR 419-724-0004

EMAIL: Call@EndoMDs.com

## **Always Follow THIS Table** Insulin Breakfast Lunch Dinner Bed +**Target Sugar:** Before Meals: 80-130 2hr After Meals: < 140

Fax: 888-677-1987

In Addition, WHEN SUGAR IS HIGH (only before meals), Add \_\_\_\_\_

According to the scale circled below							
Range	Low	Moderate	High				
200-250	2 units	3 units	4 units				
251-300	4 units	6 units 8 units					
301-350	7 units	10 units	14 units				
>350	10 units	16 units	20 units				

Anytime: <180

Date	Before Breakfast	2hr After Breakfast	Before Lunch	2hr After Lunch	Before Supper	2hr After Supper	Bed