

**Target Blood Sugar Range
During Pregnancy**
 60-90 fasting
 60-105 before meals
 60-120 2 hrs after meals

HUMALOG/REGULAR Insulin to correct BS
 Before any meal, 1/2 doses at bedtime

For BS > ____: $(BS - \underline{\quad}) / \underline{\quad} = \text{Units R/H}$

Check urine ketones each morning AND if BS > 180

Name: _____

Phone: H) _____

W) _____

DATE	3:00 AM		Breakfast						Lunch				Supper				Bedtime			Comments		
	BS	Sup	Urine Ketones	Pre BS		H/R	Sup	2 hr BS	Pre BS	H/R	Sup	2 hr BS	Pre BS		H/R	Sup	2 hr BS	BS			Sup	

FAX/Mail BS Sheet every 1 - 2 weeks on Monday
 Call if BS is consistently less than 60 or greater than 140 or if Urine Ketones consistently moderate or large

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