



JOHNS HOPKINS M E D I C I N E

The Center for Maternal and Fetal Medicine Blood Glucose Worksheet

Name _____

Phone number _____

****Current diabetes medications (please include dose and time of day medications are taken)**

- Test 4 times per day :
1. Fasting- in the morning before eating or drinking
 2. One hour after the finish of breakfast
 3. One hour after the finish of lunch
 4. One hour after the finish of dinner

Date	Breakfast		After Lunch	After Dinner	Comments
	Before	After			

Please bring your meter and glucose log to all appointments

CMFM Fax # 410-720-8999
 CMFM Phone # 410-720-8413 (nurse line)
 EMAIL - kmille10@jhmi.edu

*Please notify us immediately for blood sugars consistently above 200 or less than 60 mg/dl.