



**THE PERINATAL CENTER**  
MATERNAL-FETAL MEDICINE

Send weekly to: [diabetes@perinatalcenter.com](mailto:diabetes@perinatalcenter.com)

If you have a need to speak with someone sooner than the possible 2 day response time, please call for OKC area 405-748-4726, Tulsa 918-947-5980, Rogers 479-268-4979. If blood glucose is >200 mg/dL often, call your OB or our office.

**Blood Glucose Monitoring Log**

Patient Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Diabetes Educator (please circle):     Angelique     Emily     Stephanie

\_\_\_\_\_ Diet Only

\_\_\_\_\_ Metformin:     AM Dose \_\_\_\_\_ mg     PM Dose \_\_\_\_\_ mg

\_\_\_\_\_ Insulin Therapy: (Please update with current doses and date of modification, if any.)

Insulin:	AM Dose:	Lunch Dose:	PM Dose:
Insulin:	AM Dose:	Lunch Dose:	PM Dose:

Date	Fasting		After Breakfast		After Lunch		After Dinner	


**Blood Glucose Targets in Pregnancy: Fasting 60-90 mg/dL & 2-hours after meals <120 mg/dL (1 hour after meals <140 mg/dL).  
Please indicate if you are testing 1 hour or 2 hours after meals (circle).**