Phone: 520-818-8477

Fax: 520-333-3132

Patient: _____ DOB:_____Date:_____

Start with _____Insulin_____units today.
Increase by _____ unit(s) EVERY 2 days if fasting blood sugar is still not at goal.

Fasting blood sugar goal: (70-130).

Keep logging your blood sugar levels and bring it to your next appointment.
Call us in 1 week if your blood sugar is still above goal.

Low blood sugar symptoms: Shaking, fast heartbeats, anxious, dizzy, hungry, weak or fatigue, headache, irritability. Take glucose tablets (follow package instructions) or drink 4 oz (1/2 cup) of juice or regular soda (not diet) if you experience these symptoms.

Date	Fasting glucose	2 hours after breakfast	2 hours after dinner	Before bed	Notes