Complete Endocrine Care

1. SUGARS CHECK: Check sugars every day, 4 times per day. Must check fasting, and ONE HOUR after the START of the meal. The START of the meal is considered as when you take your first bite of food.

2. GLUCOSE TARGETS:

Fasting: < 5.2 mM
1h after meal: < 7.8 mM
2h after meal: < 6.7 mM

PRE-BREAKFAST GLUCOSE (FASTING)	POST-MEAL GLUCOSE (1 HOUR AFTER MEAL)
- Glucose < 4.2, decrease bedtime insulin by 1 unit	- Glucose < 5.0, decrease dose by 1 unit
- Glucose 5.3 - 6.3,increase bedtime insulin by 1 unit	- Glucose 7.8 - 8.5, increase dose by 1 unit
- Glucose > 6.4, increase bedtime insulin by 2 units	- Glucose > 8.5, increase dose by 2 units

*** DECREASE the dose after ONE low - UNLESS there is a reason for the low (ate less, or something different, or you were more active)***
*** INCREASE dose after high readings TWO consecutive days***

GLUCOMETER READING AT LAB:

BP CHECK	SYSTOLIC	DIASTOLIC	HEART RATE	
INSULIN	**BREAKFAST**	**LUNCH**	**SUPPER**	**BEDTIME**
DATE	**FASTING**	**1 hour after Breakfast**	**1 hour after Lunch**	**1 hour after Supper**

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