

BLOOD GLUCOSE LEVEL (BGL) MONITORING CHART

FULL NAME OF CONSUMER				DOB	
ADDRESS					
GP NAME			GP CONTACT NUMBER		

DIABETES MANAGEMENT PLAN

> BGL 3 times a day (before B/Fast, Lunch and Dinner)
> Insulin Lantus 20 units in the morning and 18 units at evening
Target BGL < 5mmol/L > 18 mmol/L. Please contact the clinic if > 25mmol/L or < 3mmol/L.

[illegible][illegible]