

BLOOD GLUCOSE LEVEL (BGL) MONITORING CHART

FULL NAME OF CO	ONSUMER		DOB	
ADDRESS				
GP NAME		GP CONT	ACT 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

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