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| Patient Name |  | DOB |

FASTING: Blood sugar when you awake, prior to eating or drinking any calories.

POSTPRANDIAL: After a meal: breakfast, lunch or dinner. This should be 1 OR 2 hours exactly. Do not record values that are not within 5 minutes of the 1 or 2 hour mark.

You do not need to record both 1 and 2 hour postprandial values.

*\*if you have been asked to email your sugars in, please send them to* [*records@juneauobgyn.com*](mailto:records@juneauobgyn.com)

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | BREAKFAST | | LUNCH | | DINNER | |
| **Date** | **Fasting** | **1 hour** | **2 hour** | **1 hour** | **2 hour** | **1 hour** | **2 hour** |
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| Notes: |
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