Centros de Salud erie Family Health Centers

Pregnancy Blood Glucose Log

Name	Next Appointment	Log Dates
Appointment with Health Promotion	Date/time	
Location:		

Check non-fasting glucose levels one hour after starting meals
Call the clinic if your blood sugar is more than 200 or less than 75 at 312.666.3494

Date	Fasting **Goal- below 95**	1 hour after Breakfast **Goal- below 140**	1 hour after Lunch **Goal- below 140**	1 hour after Dinner **Goal- below 140**