More free copies of the diabetes table can be obtained from: http://ukhomeopathy.co.uk

Name of patient:_____

	Name of Medication	Times/day
(Med 1)		
(Med 2)		
(Med 3)		

Month	Comments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Med 1																															
	Med 2																															
	Med 3																															
	Fasting																															
	2hr after meal																															
	1hr after meals																															
	Med 1																															
	Med 2																															
	Med 3																															
	Fasting																															
	2hr after meal																															
	1hr after meals																															
	Med 1																															
	Med 2																															
	Med 3																															
	Fasting																															
	2hr after meal																															
	1hr after meals																															

Notes: Put reading in the appropriate boxes, eg fasting 5.2, Post Prandial (2hr after meals) 8.4 etc. Random say 1hr after meals

Med taken: If you have to take it three times a day, then make three ticks, if twice then 2 ticks etc

Pre-diabetic Levels: **Fasting Blood Sugar Levels: 5.6- 6.9 (WHO 6.1 to 6.9)**, **2hr PP (after meals): 7.8 to 11.1**, **HBA1c: 5.7 to 6.4 (According to ADA – used for diagnosis). Check with your doctor for recommended levels.**