

GENESIS OB/GYN

L. JUSTIN GAYLE, M.D.

INSTRUCTIONS FOR BLOOD SUGAR MONITORING

1. If you have been provided a name of an Endocrinologist, call to set up an appointment within a reasonable amount of time.
2. Purchase a glucometer (an electronic device that measures blood sugar). Most pharmacies or medical supply stores sell glucometers. Most insurance plans will cover the cost of a meter, test strips, lancets and alcohol pads but you should check with your insurance benefits to determine if it is a covered benefit. To assist in obtaining insurance, a prescription will be sent to the pharmacy/medical supply provider with the appropriate diagnosis code.
3. Your physician will instruct you on how many times you will be testing your blood sugar.
4. A “fasting blood sugar” is performed after not eating or drinking for 6-8 hours, usually the first thing in the morning.
5. The “postprandial blood sugar” is done 1-2 hours after meals.
6. Bring this blood sugar log with you to your appointments to be reviewed by your physician.

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Date	Fasting Blood Sugar	Blood sugar after breakfast	Blood sugar after lunch	Blood sugar after dinner