

## **GLUCOSE** Monitoring Chart - Diabetic Patient (血糖记录表 - 糖尿病者)

Name/ 姓名:	Appointment Date/Time 预约日期 / 时间:	

<sup>\*\*</sup>Please bring this form for your next appointment .

	Blood Glucose Readings (mmol/L)															
Date 日期	<b>Day</b> 日 (eg. M, T, W, Th, F, S, Sun)	Breakfast 早餐				Lunch 午餐				Dinner 晚餐			* Others			
				2 hrs Post-Breakfast 早餐后		Pre -Lunch 午餐前		2 hrs Post-Lunch 午餐后		Pre –Dinner 晚餐前		2 hrs Post - Dinner 晚餐后		其他		** Remarks 备注
		Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	Time	(mmol/L)	

Blood Glucose Reading (mmol/L)	Low #		Good (Optimal)	Slightly High (Suboptimal)	•	, ,	Extremely High (Unacceptable)
Pre - Meals	Less than 4.0	4.0-6.0	6.1-8.0	8.1—10.0	10.1—13.0	13.1—15.0	Higher than 15.0
Post - Meals/ Others	Less than 5.0	5.0—7.0	7.1—10.0	10.1—13.0	13.1—15.0	15.1—22.0	Higher than 22.0

Note:

\* Others - e.g. Bedtime; Hypoglycaemia symptoms such as giddiness, sweatiness, etc; Hyperglycaemia symptoms such as severe thirst, polyuria, giddiness, etc

\*\*Remarks - state possible reason(s) when glucose levels are low, high or very high (eg. delayed meals, missed meals, after strenuous exercise, etc)

# Hypoglycaemia is glucose less than 4mmol/L at any time of the day.