

# Diabetes Clinic Day Express

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ DATE OF VISIT: \_\_\_\_\_

Bring your **log book and meter** to every appointment. Do not forget, bring both.

AVERAGE blood sugar (before meals / snacks) for the last two weeks. Include the total number of tests:								
	Breakfast	Mid-A.M.	Lunch	Snack	Dinner	Snack	Mid-Nite	3:00 a.m.
Average								
Counted								

BG TARGET PRE-MEAL: \_\_\_\_\_ BG TARGET ~2 HRS AFTER MEAL: \_\_\_\_\_  
 BG TARGET @ BED TIME: \_\_\_\_\_ BG TARGET DURING THE NIGHT: \_\_\_\_\_  
 BG TARGET PRE-HI INTENSITY / DURATION ACTIVITY: \_\_\_\_\_

AVERAGE insulin doses used for the past two weeks:					
Insulin type:	Breakfast	Lunch	Snack	Dinner	Pre-Bedtime
Humalog / Novolog					
Lantus / Levemir					

My **INSULIN RATIOS** are: Carbohydrates \_\_\_\_\_ Correction \_\_\_\_\_

When I am highly active I: \_\_\_\_\_

When I don't feel well I: \_\_\_\_\_

I give my insulin for meals and snacks \_\_\_\_\_ minutes (**before**) or (**after**) beginning to eat. This usually (**does**) or (**does not**) cap off the rise in BG to less than 100 points from my pre-meal BG level when I check again 60-90 minutes after starting to eat.

The place / places on my body where most of my injections are given: \_\_\_\_\_

The last time (month and year) that saw the: **Eye Doctor** \_\_\_\_\_ **Dietitian** \_\_\_\_\_

Other medications I take are: \_\_\_\_\_

Since my last visit, I did / did not go to the **Emergency Room / Hospital** on: \_\_\_\_\_ because,

I am most pleased with: \_\_\_\_\_

I am most frustrated with: \_\_\_\_\_

**My question/s** for The Team are: \_\_\_\_\_

**My goal/s** for this visit are: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_