

Going Home: Blood Glucose Food and Insulin Log

Name: _____

Date: _____

Please check blood glucose before meals, at bedtime, and between 1 - 3 AM

Time								
Blood glucose								
Food choices and carb count in grams								
Rapid acting Insulin Dose								
Long acting Insulin Dose								
Comments								

To report blood glucose numbers and for insulin dose changes:

- Send a MyChart message with "BG Review" as the subject line
- Phone: 206-987-2640 (select blood glucose option)

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's
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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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Patient and Family Education | Endocrinology

1/25
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1 of 1