

Diiwaanka Gulukoosta Dhiigga

Magaca: _____ Taariikhda dhalashada: _____ Lambarka taleefanka: _____

Tilmaamaha:

Ku buuxi garoojadaada Lantus sanduuqa subaxnimo ama galabnimo. Buuxi saamiyada karbohaydraytyada, qiyaasta sixitaanka iyo bartilmaameedyada BGs.

Hubi gulukoostaada ka hor inta aadan quracan, qadaynin iyo cashaynin, wakhtiga jiifka, iyo sagda-dhexe habeenka inta u dhaxaysa 1-3 habeenimo. Ku buuxi sanduuqyada hoose lambarada gulukoostaada. Ugu dir foom dhammaystiran oo lifaaq PDF ahaan ah MyChart, fakis ugu dir 206-985-3373, ama wac khadka gulukoosta dhiigga ee 206-987-2640 (ikhtiyaarka 3aad) markay tahay Isniinta - Jimcaha ka hor 11 subaxnimo.

Ciidaha iyo maalmaha fasaxa toddobaadka, wac 206-987-2000 inta u dhaxaysa 11 subaxnimo - 12 duhurnimo. waxaadna waydiisaa inay kuu gudbiyaan bixiyaha daryeelka sonkorowga ee khadka ku jira.

Garoojada Hadda	Tusaale	Garoojo	Garoojada Hadda	Tusaale	Quraac	Qado	Casho	Faallooyinka
Garoojada Lantus subaxnimo	12		Saamiga Kaarbohaydaraytka	1/20				
Garoojada Lantus galabnimo	12		Qiyaasta Xakamaynta/Sixitaanka	1/50				
			Bartilmaameedka BG	120				

Taariikhda:

	12 habeen-nimo	3 habeen-nimo	6 aroor-nimo	7 subax-nimo	8 subax-nimo	9 subax-nimo	10 subax-nimo	11 subax-nimo	12 duhur-nimo	1 galab-nimo	2 galab-nimo	3 galab-nimo	4 galab-nimo	5 galab-nimo	6 galab-nimo	7 fiidnimo	8 fiidnimo	9 fiidnimo	10 fiidnimo	11 fiidnimo
Gulukoosta Dhiigga:																				
Karbohaydraytyada:																				
Insuliinta:																				

Faallooyinka waalidka

Taariikhda:

	12 habeen-nimo	3 habeen-nimo	6 aroor-nimo	7 subax-nimo	8 subax-nimo	9 subax-nimo	10 subax-nimo	11 subax-nimo	12 duhur-nimo	1 galab-nimo	2 galab-nimo	3 galab-nimo	4 galab-nimo	5 galab-nimo	6 galab-nimo	7 fiidnimo	8 fiidnimo	9 fiidnimo	10 fiidnimo	11 fiidnimo
Gulukoosta Dhiigga:																				
Karbohaydraytyada:																				
Insuliinta:																				

Faallooyinka waalidka

Taariikhda:

	12 habeen-nimo	3 habeen-nimo	6 aroor-nimo	7 subax-nimo	8 subax-nimo	9 subax-nimo	10 subax-nimo	11 subax-nimo	12 duhur-nimo	1 galab-nimo	2 galab-nimo	3 galab-nimo	4 galab-nimo	5 galab-nimo	6 galab-nimo	7 fiidnimo	8 fiidnimo	9 fiidnimo	10 fiidnimo	11 fiidnimo
Gulukoosta Dhiigga:																				
Karbohaydraytyada:																				
Insuliinta:																				

Faallooyinka waalidka

Blood Glucose Log

Name: _____ Birth date: _____ Phone number: _____

Instructions:

Fill in your Lantus dose in the a.m. or p.m. box. Fill in your carb ratios, correction factors and target BGs.

Check your glucose before breakfast, lunch and dinner, at bedtime, and overnight between 1-3 a.m. Fill in boxes below with your glucose numbers. Send completed form as a PDF attachment in MyChart, fax to 206-985-3373, or call the blood glucose line at 206-987-2640 (option 3) on Monday - Friday before 11 a.m.

Holidays and weekends, call 206-987-2000 between 11 a.m. - 12 p.m. and ask them to page the diabetes provider on-call.

Current Dose	Example	Dose	Current Dose	Example	Breakfast	Lunch	Dinner	Comments
Lantus dose a.m.	12		Carb Ratio	1/20				
Lantus dose p.m.	12		Correction Factor	1/50				
			Target BG	120				

Date: _____

	12 a.m.	3 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	
Blood Glucose:																					
Carbohydrates:																					
Insulin:																					

Parent comments _____

Date: _____

	12 a.m.	3 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	
Blood Glucose:																					
Carbohydrates:																					
Insulin:																					

Parent comments _____

Date: _____

	12 a.m.	3 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 noon	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	
Blood Glucose:																					
Carbohydrates:																					
Insulin:																					

Parent comments _____