

Blood glucose self-monitoring by a diabetic on tablet treatment

How to prepare for a diabetes appointment

Before your appointment, make sure that:

- you have your filled-in self-care forms and your blood glucose self-monitoring diary with you.
- you have had the required laboratory tests one week before the appointment (the blood test requiring fasting for 10–12 hours and a urine test)
- you have your up-to-date and checked medication list with you.

Name	Personal identity code
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Blood glucose self-monitoring results

Days	Before breakfast	2 hours after breakfast	Before main meal	2 hours after main meal
1.				
2.				
3.				
4.				