

To do blood glucose test (BSP):
1) 2 Consecutive days per week of home BSP
till next doctor's appointment

Subsequently:
2) Diet control: 7 point BSP one day a week
3) Metformin/ Insulin therapy: 7 point BSP
2 days a week

TARGET BLOOD SUGAR LEVEL
5 mins Before food 4.4 to 5.5 mmol/L (From start time) 2hours after food 5.5 to 6.6 mmol/L Bedtime 4.4 to 5.5 mmol/L

PLEASE BRING ALONG THIS CHART ON EVERY
DOCTOR AND DIETICIAN APPOINTMENT

OUTPATIENT DIABETIC MONITORING CHART	
Patient's name label	GA _____ Weeks Gravida _____ Para _____ CEDD _____ PPBMI _____ Kg/M ² PPW _____ Kg CW _____ Kg DR _____ TEL _____

OGTT _____
HBA1c _____

Dietetic Department 63941646

- Food interval 2-3 hourly

Nurse: _____

Obstetric Day Assessment Centre (ODAC)
Women's Tower Level 3
Tel: 63942097
From Monday to Friday
8.30am to 5pm
kkh.odac@kkh.com.sg

Event	BREAKFAST						AM Snack Time	LUNCH						PM Snack Time	DINNER (No food after dinner)						Bedtime Snack Time	Remark/Insulin Dose 1) Write time of blood test and meal / snack 2) Record food diary at back of chart	
	Before breakfast		Break- fast Time	2 hr after breakfast		Before lunch		Lunch Time	2 hr after lunch		Before dinner		Dinner Time		2 hr after dinner		Bedtime						
	Time	Result		Time	Result	Time			Result	Time	Result	Time			Result	Time	Result	Time	Result				
Sample	0755		0800	1000		1030	1255		1300	1500		1530	1755		1800	2000		2100		2130			