Blood Sugar Log for Insulin Pump Meal Skip Documentation

2-3am Breakfast Lunch Supper Bedtime

BG	TIME	BG	TIME	BG	TIME	BG	TIME	BG	REMARKS
	X		X						Skip
	X		X						Breakfast
			X		X				Skip
			X		X				Lunch
X	X						X		Overnight
X	X						X		readings

1. Target BG before skipping breakfast or lunch is 100-150. Do not take any insulin supplementation if skipping a meal. Please make sure to document consecutive BG readings.
    - If skipping breakfast, then document fasting BG and before lunch BG.
    - If skipping lunch, then document midday BG and before dinner BG.
2. Target BG before monitoring overnight readings is approximately 140-150. Do not take any insulin supplementation at bedtime.
    - Please document bedtime, 2-3 a.m. and fasting BG all in the same overnight period.
3. ***Do not attempt meal skips if your BG readings are below 90 and you feel the need to eat or over 200, necessitating supplemental insulin.***
4. If you develop a low BG during a meal skip or overnight, please document the low BG and treat accordingly. (i.e. eat, glucose tablets, etc….)
5. Please fax to 720-282-2048. We cannot accept logs by email.