



Affiliates for Women's Health

Charles R. Anderson, M.D. · Randy W. Smith, M.D. · Ben Zivney, M.D. · L. Justin Gayle, M.D.
Diplomates American Board of Obstetrics and Gynecology

INSTRUCTIONS FOR BLOOD SUGAR MONITORING

1. If you have been provided a name of a nutritionist, call to set up an appointment within a reasonable amount of time.
2. Purchase a glucometer (an electronic device that measures blood sugar). Most pharmacies will sell glucometers. Most insurance plans will cover the cost of a glucometer, but you should check on your insurance's benefit plan to determine if it is a covered benefit. To assist in obtaining insurance benefits, a prescription has been written with the appropriate "Diagnosis Code."
3. Dr. Smith will instruct you on the frequency of testing your blood sugars and how many times a day they should be tested.
4. A "Fasting Blood Sugar" is performed after not eating or drinking for 6-8 hours, usually the first thing in the morning.
5. The "Postprandial Blood Sugar" is done from 1-2 hours after eating breakfast.
6. Bring the Blood Sugar Log with you to your appointments to be reviewed.

