血糖紀錄表
Blood Glucose Monitoring Chart

醫護行者 Health In Action

姓名 Name

糖尿藥物 Diabetes Medications

糖尿病血控制目標水平 (一般成人)* Glycaemic Targets for General Adults with Diabetes*			
空腹 Fasting	4.4–7.2 mmol/L	餐後 1-2 小時 1-2 hours after meal	< 10.0 mmol/L

* 僅供參考，血糖目標水平會因患者個別狀況和病情而異
* For reference only. Glycaemic targets can be tailored for individual's condition.

提示 Tips

餐後 2 小時血糖值，由進餐第一口食物開始計算。
Test the 2-hour postprandial blood glucose level exactly 2 hours after the first bite of food.

日期 Date	早餐 Breakfast		午餐 Lunch		晚餐 Dinner		睡前 Before Bed	備註 Remarks
	餐前空腹 Before meal	餐後 2 小時 2 hours after meal	餐前空腹 Before meal	餐後 2 小時 2 hours after meal	餐前空腹 Before meal	餐後 2 小時 2 hours after meal		

筆記 Notes

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筆記 Notes