



Mavis Medix.
Exceptional Care Without Exception

METER BLOOD GLUCOSE TARGETS:

Before Meals: 4.0 – 7.0 mmol/L **2HRs After Meals:** 5.0 – 10.0 mmol/L 5.0 – 8.0 mmol/L

!!NOTE!!: The duration of 2 hours after your meal begins at your first bite.

Family Medicine | Walk-in | Chronic Pain | Minor Clinical Procedures
4-780 Burnhamthorpe Rd W. Mississauga ON, L5C 3X3

DATE	FASTING GLOCOSE	2HR AFTER BREAKFAST	COMMENTS	BEFORE LUNCH	2HR AFTER LUNCH	COMMENTS	2HR AFTER SUPPER	2HR AFTER SUPPER	COMMENTS	BEFORE BED	RANDOM	COMMENTS