

**BLOOD GLUCOSE RECORD**

**DURING RAMADAN**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diabetes Doctor in charge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IC No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diabetes Educator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Diabetes Treatment for Sahur *(pre-dawn meal)*** | **Diabetes Treatment for Iftar *(break fast meal)*** |
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| **Date** | **Before**  **Sahur**  ***(pre-dawn meal)*** | **12 Noon** | **Before**  **Iftar**  ***(break fast meal)*** | **3 Hours**  **After Iftar** | **Remarks** |
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**Report blood glucose readings every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, via**

**E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Voicemail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| ***Managing diabetes is a life-long journey. Let us support your journey towards better health.***  ***For more information on resources for people living with diabetes, please scan the following QR code*:** |  |

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| **Date** | **Before**  **Sahur**  ***(pre-dawn meal)*** | **12 Noon** | **Before**  **Iftar**  ***(break fast meal)*** | **3 Hours**  **After Iftar** | **Remarks** |
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