

**REKOD DARAH GULA**

**DI BULAN RAMADAN**

**Nama: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Doktor Diabetes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IC No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jururawat Diabetes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Telepon No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Ubat Diabetes untuk Sahur** | **Ubat Diabetes untuk Iftar** |
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| **Tarikh** | **Sebelum**  **Sahur** | **12**  **Tengah Hari** | **Sebelum**  **Iftar** | **3 Jam**  **Selepas Iftar** | **Komen** |
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**Hantarkan laporan darah gula anda setiap hari \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ secare,**

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

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

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| ***Menjaga diabetes adalah perjalanan sepanjang hayat. Kami ingin menyokong perjalanan anda***  ***kearah kesihatan yang lebih baik.***  ***Untuk maklumat lebih lanjut mengenai penjagaan diabetes, sila imbas kod QR berikut:*** |  |

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| **Tarikh** | **Sebelum**  **Sahur** | **12**  **Tengah Hari** | **Sebelum**  **Iftar** | **3 Jam**  **Selepas Iftar** | **Komen** |
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