

# My Blood Sugar Log



Tracking your blood sugar and sharing the results with your healthcare professional are important parts of managing your diabetes.

Schedule follow-up appointments to review your log and adjust your clicks:

\_\_\_\_\_  
Appointment (1st)

\_\_\_\_\_  
Appointment (2nd)

## STEP 1: Starting on V-Go®

Your healthcare professional will identify your target blood sugar range and number of V-Go clicks you should take before each meal.

Healthcare Professional Only

**Patient Name:** \_\_\_\_\_

**My target blood sugar level:** \_\_\_\_\_ Before Breakfast \_\_\_\_\_ Before Lunch/Dinner/Bed

**My V-Go preset basal rate:** \_\_\_\_\_ V-Go 20 \_\_\_\_\_ V-Go 30 \_\_\_\_\_ V-Go 40

**Number of V-Go mealtime clicks to use**

(1 click = 2 units of insulin):

Breakfast: \_\_\_\_\_ clicks    Lunch: \_\_\_\_\_ clicks    Dinner: \_\_\_\_\_ clicks    Snacks: \_\_\_\_\_ clicks

## STEP 2: Tracking your blood sugar reading

Record your blood sugar reading **before meals** and the number of V-Go clicks you took.



### IMPORTANT:

Call your healthcare professional immediately if your blood sugar level is below \_\_\_\_\_ or above \_\_\_\_\_ for \_\_\_\_\_ days.

	<b>Breakfast</b> Blood Sugar/Clicks	<b>Lunch</b> Blood Sugar/Clicks	<b>Dinner</b> Blood Sugar/Clicks	<b>Snacks</b> Blood Sugar/Clicks	<b>Bedtime</b> (Blood sugar reading only)
Day 1	/	/	/	/	
Day 2	/	/	/	/	
Day 3	/	/	/	/	
Day 4	/	/	/	/	
Day 5	/	/	/	/	
Day 6	/	/	/	/	
Day 7	/	/	/	/	
Avg.	/	/	/	/	

# Adjusting Mealtime Clicks



This side should be completed by your healthcare professional only.

Healthcare Professional Name

Healthcare Professional Signature

Office Phone



Visit [www.startvgo.com](http://www.startvgo.com) to learn more about getting started on V-Go®.

## STEP 3: Calculate the average blood sugar readings and clicks

From the recordings last week, calculate the average daily blood sugar readings for each meal and the average V-Go clicks taken. Then determine the number of V-Go clicks to take at each meal going forward.

	Breakfast	Lunch	Dinner	Snacks
Average Blood Sugar Readings				
Average Number of V-Go Clicks				
New V-Go Clicks*				

\*Provide a new blood sugar log to track your patient's results next week.

## SPECIAL INSTRUCTIONS

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