

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.

	Breakfast Blood Sugar/Clicks	Lunch Blood Sugar/Clicks	Dinner Blood Sugar/Clicks	Snacks Blood Sugar/Clicks	Bedtime (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.vgotraining.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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