Dr. Dilip Kumar MD, DNB, FACP, MRCP (UK)

CAPILLARY BLOOD GLUCOSE (CBG) MONITORING CHART — 4 POINT

Patient Details: **WhatsApp: 8807779174**

MEASUREMENT INSTRUCTIONS

1. **Prepare:** Wash hands with warm water and soap; dry thoroughly. Prick the side of fingertip with lancet
2. **Sample:** Allow blood drop to form naturally — do NOT squeeze the finger
3. **Test:** Apply blood to test strip. Wait for result (usually 5–10 seconds)
4. **Record:** Note time, reading, and any symptoms or meals consumed
5. **Timing:** Fasting (before breakfast) · Post-breakfast · Post-lunch · Post-dinner (each 2 hrs after meal)

⚠ **SEEK IMMEDIATE HELP:** Fasting < 70 mg/dL (hypoglycemia) OR fasting > 300 mg/dL (hyperglycemia) OR symptoms like dizziness, sweating, confusion, or chest pain

🎯 **GLUCOSE TARGETS:** **Fasting:** 80–130 mg/dL **Post-Meal (2 hrs):** < 180 mg/dL

14-DAY CAPILLARY BLOOD GLUCOSE LOG

Date	Fasting	Post-Breakfast (2 hrs)	Post-Lunch (2 hrs)	Post-Dinner (2 hrs)	Notes (if any)