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## TWICE-A-DAY MONITORING SCHEDULE

If you normally monitor your blood glucose level only twice a day, following a weekly schedule like the one shown here will give you more information about your blood glucose trends than monitoring at the same time each day, particularly when you look over several weeks' worth of results at once. When monitoring after a meal, do your check two hours after the first bite of the meal. The 2–3 AM check can help to determine whether you're developing hypoglycemia during the night and why you may have high blood glucose first thing in the morning.

12/1/08– 12/7/08	BEFORE BREAKFAST	AFTER BREAKFAST	BEFORE LUNCH	AFTER LUNCH	BEFORE SUPPER	AFTER SUPPER	BEDTIME	2–3 AM
Monday	✓	✓						
Tuesday			✓	✓				
Wednesday					✓	✓		
Thursday							✓	
Friday								✓
Saturday	✓	✓						
Sunday			✓	✓				

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*Diabetes Self-Management*, "Managing Your Blood Glucose Ups and Downs" by Stacy Griffin, Pharm.D., R.Ph., and Diane Ballard, R.N., B.S.N., C.D.E.

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