

Jackie's bG

date	time	type	bG	notes
08/02/19		fasting	151	began fast at midnight last night, reduced basal 40→30, no boluses planned while fasting
08/03/19		fasting	107	
08/04/19		fasting	107	
08/05/19		fasting	104	
08/06/19		fasting	92	dizziness, low BP, reduced Lasix from 40 mg 2x/day → 20 mg 2x/day
08/07/19		fasting	81	
08/08/19		fasting	62	ate a couple smarties, decided to reduce basal 30 → 20
08/09/19		fasting	68	reduced basal 20 → 15
08/10/19		fasting	59	ate a half pack of smarties, stopped basal entirely
08/11/19		fasting	68	low BP again, reduced Lasix from 20 mg 2x/day → 20 mg 1x/day
08/12/19		fasting	88	broke fast at midnight with bone broth & sugar-free jello
08/13/19	10:30 AM	fasting	98	
	01:15 AM	1 hr postprandial	164	Meal: eggs, mushrooms, onions and cheese
	02:15 AM	2 hr postprandial	158	
	05:00 PM	preprandial	140	
	06:45 PM	1 hr postprandial	145	Meal: sausages
	07:45 AM	2 hr postprandial	169	
08/14/19	10:30 AM	fasting	116	
	12:00 PM	1 hr postprandial	147	Meal: eggs, mushrooms, onions and cheese
	06:00 PM	preprandial	155	
	07:00 PM	1 hr postprandial	163	Meal: sausages & buttered okra
	08:00 PM	2 hr postprandial	178	
08/15/19	11:00 AM	fasting	144	
	12:45 PM	1 hr postprandial	173	Meal: eggs, mushrooms, onions and cheese
	01:45 PM	2 hr postprandial	193	
	05:30 PM	preprandial	182	bG is trending back up; restarted basal at 15 units
	06:30 PM	1 hr postprandial	218	Meal: sausages, eggs & cheese
	07:30 PM	2 hr postprandial	210	
08/16/19	08:00 AM	fasting	138	
	12:00 PM	preprandial	171	
	02:00 PM	2 hr postprandial	163	Meal: eggs, mushrooms, onions and cheese
	05:00 PM	preprandial	170	continue 15 units basal

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	06:00 PM	1 hr postprandial	192	Meal: hamburger & salad with avocado
	07:00 PM	2 hr postprandial	190	
08/17/19	09:45 AM	fasting	128	
	01:15 PM	preprandial	173	rather large rise since fasting, apparently entirely from prednisone
	02:15 PM	1 hr postprandial	219	Meal: bacon-wrapped scallops, then steak-topped salad
	03:15 PM	2 hr postprandial	228	
	06:30 PM	preprandial	151	decided to up basal from 15 → 20 and do 5 units bolus each meal
	07:45 AM	1 hr postprandial	199	Meal: leftover steak & salad
	08:45 AM	2 hr postprandial	199	
08/18/19	11:00 AM	preprandial	163	forgot to do fasting bG, took 5 units bolus
	12:00 PM	1 hr postprandial	186	Meal: eggs, mushrooms, onions and cheese
	05:30 PM	preprandial	144	20 units basal, 5 units bolus
	06:30 PM	1 hr postprandial	183	Meal: hamburger & salad with avocado
	07:30 PM	2 hr postprandial	179	
08/19/19	10:30 AM	fasting	111	
	12:00 PM	preprandial	126	Meal: eggs, mushrooms, onions and cheese plus bacon
	01:00 PM	1 hr postprandial	169	
	05:00 PM	preprandial	180	forgot insulin before eating
	06:00 PM	1 hr postprandial	194	Meal: hamburger & salad with avocado; 20 u basal, 5 u bolus
	07:00 PM	2 hr postprandial	188	
08/20/19	09:00 AM	fasting	114	
	12:30 PM	preprandial	144	again, rise from pred
	01:30 PM	1 hr postprandial	187	Meal: eggs, mushrooms, onions and cheese
	02:30 PM	2 hr postprandial	195	
	05:00 PM			Dizzy and nauseous. Went to the bathroom and could barely pee. Ate salt. Drank a couple quarts of water over the next few hours.
	06:00 PM	preprandial	173	20 u basal, 5 u bolus
	07:30 PM	1 hr postprandial	186	Meal: hamburger & salad with avocado
	08:30 PM	2 hr postprandial	194	
08/21/19	09:00 AM	fasting	136	Stopped Lasix entirely.
	11:00 AM			forgot to do preprandial reading, 5 u bolus
	12:00 PM	1 hr postprandial	188	Meal: eggs, mushrooms, onions and cheese
	05:15 PM	preprandial	153	20 u basal, 5 u bolus

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	06:30 PM	1 hr postprandial	163	Meal: hamburger & salad with avocado
	07:30 PM	2 hr postprandial	149	
	11:30 PM			"cheated" - but at least it was pepperoni, not carby stuff
08/22/19	08:30 AM	fasting	132	
	10:30 AM			forgot to do any testing or bolus for breakfast, which was eggs, mushrooms, onions and cheese
	05:00 PM	preprandial	158	20 u basal, 5 u bolus
	06:15 PM	1 hr postprandial	170	Meal: hamburger & salad with avocado
	10:30 PM			another cheat: liverwurst, cheese and nut butter; probably need more fat in dinner to prevent this
08/23/19	10:30 AM	fasting	110	
	12:30 PM	preprandial	137	forgot to do any testing or bolus for breakfast, which was eggs, mushrooms, onions and cheese
	05:45 PM	preprandial	162	
	07:00 PM	1 hr postprandial	144	Meal: hamburger & salad with avocado – added a couple ounces of cheese, 20 u basal, 5 u bolus
	08:00 PM	2 hr postprandial	198	
08/24/19	09:30 AM	fasting	117	
	04:00 PM	preprandial	162	5 u bolus
	05:00 PM	1 hr postprandial	157	Meal: eggs, mushrooms, onions and cheese
	06:00 PM	2 hr postprandial	91	this must be a bad reading
	07:00 PM	preprandial	150	20 u basal, 5 u bolus
	08:15 PM	1 hr postprandial	152	Meal: hamburger & salad with avocado – added a couple ounces of cheese,
	09:30 PM	2 hr postprandial	161	
08/25/19	09:30 AM	fasting	128	
	04:00 PM	preprandial	155	5 u basal
	05:00 PM	1 hr postprandial	168	Meal: eggs, mushrooms, onions and cheese
	06:00 PM	2 hr postprandial	161	
	07:00 PM	preprandial	117	20 u basal, 5 u bolus
	08:00 PM	1 hr postprandial	162	Meal: sausage, eggs, cheese (rather a lot)
	09:00 PM	2 hr postprandial	132	
08/26/19	08:30 AM	fasting	104	5 u bolus to "cover" prednisone
	04:00 PM	preprandial	102	20 us basal, 5 u bolus
	05:00 PM	1 hr postprandial	144	Meal: "Big Mac" salad
	06:00 PM	2 hr postprandial	143	
	07:00 PM	preprandial	154	
	08:00 PM	1 hr postprandial	124	Meal: egg salad, pepperoni, cheese

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	09:00 PM	2 hr postprandial	152	
08/27/19	09:00 AM	fasting	102	5 u bolus to "cover" prednisone
	04:00 PM	preprandial	152	15 u basal, 10 u bolus – changed because it seems the basal takes all night to get bG down
	06:00 PM	2 hr postprandial	174	Meal: ½ "Big Mac" salad
	07:00 PM	preprandial	147	
	08:00 PM	1 hr postprandial	154	Meal: ½ "Big Mac" salad and egg
	09:00 PM	2 hr postprandial	162	
08/28/19	10:00 AM	fasting	163	5 u bolus
	04:30 PM	preprandial	160	15 u basal, 10 u bolus
	05:30 PM	1 hr postprandial	178	Meal: sausage and okra
	06:30 PM	2 hr postprandial	190	
	07:30 PM	preprandial	163	
	08:30 AM	1 hr postprandial	171	
08/29/19	09:30 AM	fasting	111	5 u bolus
	04:00 PM	preprandial	145	15 u basal, 10 u bolus
	05:00 PM	1 hr postprandial	185	Meal: most of Big Mac salad
	07:00 PM	preprandial	168	
	08:00 PM	1 hr postprandial	163	Meal: rest of Big Mac salad, sausage, egg
08/30/19	08:30 AM	fasting	145	5 u bolus
	04:30 PM	preprandial	130	15 u basal, 5 bolus
	05:30 PM	1 hr postprandial	154	Meal: 2/3 Big Mac salad
	07:45 PM	preprandial	175	
	08:45 PM	1 hr postprandial	182	Meal: rest of Big Mac salad and liverwurst
	09:45 PM	2 hr postprandial	174	
08/31/19	07:00 AM	fasting	104	5 u bolus
	05:00 PM	preprandial	135	15 u basal, 5 bolus
	06:00 PM	1 hr postprandial	146	Meal: most of Big Mac salad
	07:00 PM	2 hr postprandial	178	
	08:00 PM	preprandial	174	
	09:00 PM	1 hr postprandial	140	Meal: rest of salad, egg salad, liverwurst, cheese
	10:00 PM	2 hr postprandial	137	