

Jackie's bG

date	time	type	bG	notes
10/01/19	08:30 AM	fasting	140	fasting, no insulin or metformin
10/02/19	07:30 AM	fasting	152	fasting, no insulin or metformin
10/03/19	08:30 AM	fasting	117	
	05:30 PM	broke fast		sugar-free jello & bone broth
	06:30 PM	preprandial	119	500 mg metformin
	07:30 PM	1 hr postprandial	155	eggplant dish, small salad
	08:30 PM	2 hr postprandial	153	
10/04/19	07:30 AM	fasting	163	
	07:30 PM	preprandial	117	
	08:30 PM	1 hr postprandial	132	
	09:30 PM	2 hr postprandial	159	
10/05/19	08:30 AM	fasting	124	
	06:45 PM	preprandial	110	500 mg metofrmin
	07:45 PM	1 hr postprandial	148	eggplant dish, small salad, chaffles
	08:45 PM	2 hr postprandial	162	
10/06/19	06:30 AM	fasting	143	
	07:00 PM	preprandial	123	forgot metformin
	08:00 PM	1 hr postprandial	159	eggplant dish, small salad, chaffles
	09:00 PM	2 hr postprandial	177	
10/07/19	09:00 AM	fasting	131	fasting, no insulin or metformin
10/08/19	10:00 AM	fasting	110	fasting, no insulin or metformin
10/09/19	08:00 AM	fasting	128	fasting, no insulin or metformin
10/10/19	09:00 AM	fasting	137	
	06:30 PM			Sugar-free jello
	07:00 PM			RBS, pepperoni & cheese
	got Libre, it's recording for me			
10/11/19	noticed bG increases with prednisone dose more than with food; will add metformin to prednisone dose			
10/12/19	eating day, still rising with prednisone, actually dropping after I eat			
10/13/19	eating day, rising less with pred, still dropping after dinner			
10/14/19	fasting day, metformin still didn't prevent pred rise, but dropped below 100 by 6 PM			
10/15/19	fasting day, went below 70 overnight momentarily, metformin still didn't prevent pred rise			
10/16/19	fasting day, went below 70 overnight for several hours, metformin still didn't prevent pred rise, added metformin at dinner time also though not eating, reduced pred from 5 mg → 4 mg; I see a definite Dawn Phenomenon on Libre graph before my pred dose, my adrenals are alive!			

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10/17/19	eating day, bG OK, went below 70 overnight for several hours again		
10/18/19	eating day, bG OK except slight excursion from pred over 140 for about an hour		
10/19/19	eating day, bG went up a bit over 140 from pred, but then went nuts after pizza on a "low carb" tortilla, stayed over 140 all night		
10/20/19	eating day, fasting bg sucked, still had a bit of a pred rise, bG finally started going down after an RBS for dinner		
10/21/19	fasting day		
10/22/19	fasting day, decided to reduce pred to 2.5 because I had no trouble going to 4 mg		
10/23/19	fasting day, still spiking over 140 from prednisone		
10/24/19	eating day, bG still spiking over 140 with pred and meal		
10/25/19	eating day, less spiking than yesterday		
10/26/19	eating day, average glucose for last 7 days is 137, so not too bad; average time above 140 in past week is 44%, so not awesome		
10/27/19	eating day, bG still not awesome, drops after dinner (second metformin dose)		
10/28/19	fasting day, bG slightly lower, again drops after second metformin dose		
10/29/19	fasting day, bG slightly lower, dropped in evening and I forgot my metformin! Apparently, that is just when my bG drops for the day.		
10/30/19	fasting day, reduced pred to 1, average bG for past 7 days dropped to 134; average time above 140 in past week is 36%, so a bit better		
10/31/19	eating day, peaked at over 140 at dinner, but below the rest of the day		