



## North Austin Maternal Fetal Medicine

12200 Renfert Way Ste.G3

Austin, TX 78758

512-821-2540

Name: \_\_\_\_\_ DOB \_\_\_\_\_

### Target blood sugar levels:

Fasting no higher than: 95

1 hour after eating no higher than: 140

2 hours after eating no higher than: 120

Date	Fasting	1-2 hours after breakfast	1-2 hours after lunch	1-2 hours after dinner	Notes: If your blood sugar is out of range please write what you ate/drank for that meal.

Dr. DeStefano    Dr. Adusumalli    Dr. Haeri    Dr. Singh

Please fax or email your blood sugar levels **WEEKLY** to: 877-493-3567 or  
[NAMC.NorthAustinMFM@hcahealthcare.com](mailto:NAMC.NorthAustinMFM@hcahealthcare.com)

\*\*\*Bring logs to every visit\*\*\*