

High Blood Sugar Levels Chart

Medical Institution Details

- Name:
- Address:
- Phone Number:
- Website:

Patient Information

- Full Name:
- Date of Birth:
- Gender:
- Patient ID:
- Contact Number:
- Email Address:

Physician/Referring Doctor

- Name:
- Specialty:
- Contact Number:

Blood Sugar Monitoring Period

- Start Date:
- End Date:

Blood Sugar Readings

Date	Time	Blood Sugar Level (mg/dL)	Notes (e.g., after meal, before exercise)

Interpretation Guide

- **Normal Range (Fasting):** 70-99 mg/dL
- **Pre-diabetes (Fasting):** 100-125 mg/dL
- **Diabetes (Fasting):** 126 mg/dL and above
- **Normal Range (2 hours after meals):** Less than 140 mg/dL
- **High (2 hours after meals):** 140 mg/dL and above

Comments/Notes

Recommendations (if any)

Signature of Medical Professional: _____

Date: _____

Signature of Patient: _____

Date: _____

Note: This document is valid only with the signatures of the respective parties. Always discuss the results with a healthcare professional for a comprehensive understanding and next steps.