



SMBG Schedule

Ways to control blood sugar:

- Take your medicine regularly.
- Test your blood sugar regularly at home.
- Adopt a healthy diet.
- Do exercises.

Our target:

Muharram ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Safar ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Rabi Alawwal ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Rabi Althani ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Jumada Alawwal ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Jumada Althani ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Rajab ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Shaban ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Ramadn ()

Date	Before breakfast	2hours after breakfast	Before Suhur	Bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before Suhur	Bedtime	Dawn time

Insulin type	Breakfast	Dinner	Bedtime

Shawwal ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Dhul qada ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

Dhul Hijjah ()

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Date	Before breakfast	2hours after breakfast	Before lunch	2hours after lunch	Before dinner	bedtime	Dawn time

Insulin type	Breakfast	Lunch	Dinner	Bedtime

لأن الوعي وقاية . .

إدارة التثقيف الصحي

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