



مدينة الملك فهد الطبية
King Fahad Medical City



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:



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

Insulin type	Breakfast	Lunch	Dinner	Bedtime

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

Insulin type	Breakfast	Lunch	Dinner	Bedtime

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

Insulin type	Breakfast	Lunch	Dinner	Bedtime

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

Insulin type	Breakfast	Dinner	Bedtime

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

Insulin type	Breakfast	Lunch	Dinner	Bedtime

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

Insulin type	Breakfast	Lunch	Dinner	Bedtime

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

قسم التثقيف الصحي



HEM1.16.000267

