



Barnmorskemottagningar, Regionhälsan

Patientinformation: Tre dagars glukosprofil, översatt till engelska.

Datum: 2026-03-23

Three-day glucose profile

Measure your blood sugar 7 times a day for 3 days in a row.

- Eat as you normally would during these days.
- Wash your hands with soap and water before measuring.

Test 1 – Immediately when you wake up in the morning.

Test 2 – One hour after you start eating breakfast.

Test 3 – Right before lunch.

Test 4 – One hour after you start eating lunch.

Test 5 – Right before dinner.

Test 6 – One hour after you start eating dinner.

Test 7 – Just before you go to bed in the evening.

Enter your values in the table on page 2

Once your glucose profile is complete, you should report the values to your midwife clinic as agreed. Follow-up visits will be scheduled with your midwife.

Day 1	Date:	
Breakfast	Before:	After:
Lunch	Before:	After:
Dinner	Before:	After:
Before bedtime		

Day 2	Date:	
Breakfast	Before:	After:
Lunch	Before:	After:
Dinner	Before:	After:
Before bedtime		

Day 3	Date:	
Breakfast	Before:	After:
Lunch	Before:	After:
Dinner	Before:	After:
Before bedtime		