

Dr. Aastha Gupta

Consultant Physician (Diabetes & Endocrinology)
MBBS, MD (Medicine),
PG Diploma Endocrinology (UK),
Certification in Diabetes
(BMJ-Royal College of Physician, London)
DMC Reg.: 5010

APOLLO SPECTRA HOSPITAL
66-A/2, New Rohtak Road, Karol Bagh
New Delhi-110005

SANT PARMANAND HOSPITAL
18, Sharnath Marg, Civil Lines,
New Delhi-110054

BLOOD GLUCOSE MONITORING CHART

Patient Name.....A/S.....Month.....

GOAL FASTING: 70-130 PP: 70-180

DATE	wake- up	BREAKFAST		LUNCH		DINNER		REMARKS
		1/2 Hr Before	2 Hr After	1/2 Hr Before	2 Hr After	1/2 Hr Before	2 Hr After	
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Residence - Clinic: 2/7, Roop Nagar, Kamla Nagar, Delhi-7
Mon to Sat. By Appointment only

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Former Consultant, Diabetes & Endocrinology, Max Saket
Former Asst. Prof. Hindu Rao Medical College & Hospital
Former Doctor, Endocrinology, Safdurjung Hospital



Scan to book appointment