

INSULIN USE AND BP/PULSE

FAST

REGULAR

BP/ PULSE

DATE	TIME	READING	ASPART	LANTUS	
11/28/23	0700	149	5	40	129/87-81
11/29/23	0700	155	5	40	139/77-84
12/01/23	0700	150	5	40	130/81-86
12/02/23	0800	167	5	40	144/98-87
12/03/23	0600	152	5	40	134/75-88
12/04/23	0700	157	5	40	149/85-79
12/05/23	0700	180	5	40	133/86-78
12/06/23	0500	153	5	40	130/81-86
12/07/23	0600	200	5	40	127/87-66
12/08/23	0800	226	5	40	152/100-76
12/09/23	0300	181	5	40	
12/09/23	1000	115			166/93-81
12/10/23 Sunday	0700	201	Begin Ozempic .25 Mg	40	140/83-80
12//23	1800	148		40	
12/11/23	0700	172		40	152/103-81
12/12/23	0700	126		40	148/86-85
12/13/23	0700	91		40	169/104-77
12/14/23	0700	108		40	148/92-85
12/15/23	0700	105		40	138/85-84
12/16/23	0700	94	Ozempic	40	129/93-73
12/17/23	0800	86	.25 Mg	40	149/87-70
12/18/23	0800	103		40	140/83-80
12/19/23	0700	98		40	152/103-89
12/20/23	0700	134		30	148/88-80
12/20/23	2200	65			152/85-94
12/21/23	0800	105			152/85-94
12/21/23	1800	101			
12/22/23	0800	136		40	129/93-73
12/22/23	1030	63			
12/22/23	1230	91			
12/23/23	0800	186		40	137/90-76
12/23/23	1400	136	Ozempic		
12/24/23	0800	162	.5 Mg	40	152/92-70
12/24/23	1900	121			
12/25/23	0700	112		40	129/93-73
12/26/23	0800	144		40	130/106-76
12/26/23	2300	88			
12/27/23	0800	135			129/93-73
12/28/23	0800	95			129/87-81
12/29/23	0800	124			152/84-77
12/29/23	1800	108			
12/30/23	0700	135			161/96-76
12/30/23	1800	160	Ozempic	40	
12/31/23	0600	129	.5 Mg		137/90-76
1/01/24	0700	119			138/92-91
1/02/24	0800	118			137/90-76
1/03/24	0800	119			154/93-86
1/03/24	1700	91			
1/04/24	0800	136			152/86-79
1/05/24	0700	154		40	144/80-85
1/06/24	0700	134	Out Of	20	148/80-79
1/07/24	0700	117	Ozempic	20	129/93-73
1/08/24	0700	105	300 Lb	20	133/83-78
1/09/24	0600	110		20	137/84-73
1/09/24	1500	101			
1/10/24	0700	139		20	123/93-67
1/10/24	1600	115			

1/10/24	2300	101			
1/11/24	0800	142		20	132/90-84
1/12/24	0700	121		20	128/85-70
1/12/24	1600	95			
1/13/24	0600	117			135/81-66
1/13/24	1700	108	Ozempic		
1/14/24	0800	138	.5 Mg	20	124/79-79
1/15/24	0800	117		20	122/83-67
1/15/24	2100	82			
1/16/24	0800	128		20	117/85-75
1/16/24	1300	112		20	
1/17/24	0600	120		20	136/78-84
1/18/24	0700	119		20	120/81-88
1/18/24	1500	112			
1/19/24	0700	103		20	120/72-78
1/19/24	1700	97			
1/20/24	0700	103			118/76-75
1/20/24	1600	72	Ozempic		132/91-74
1/21/24	0700	94	.5 Mg		120/84-85
1/21/24	1300	84			
1/21/24	1900	93			
1/22/24	0400	98			
1/22/24	0800	101			130/78-78
1/22/24	1900	140		10	
1/23/24	0700	141		20	120/81-88
1/23/24	1800	125			
1/24/24	0700	135		20	111/78-81
1/24/24	1900	94			
1/25/24	0700	130		20	139/78-89
1/25/24	1800	111			
1/26/24	0600	108		20	136/94-69
1/27/24	0700	122	Ozempic	20	152/95-81
1/28/24	0800	120	.5 Mg	20	145/90-73
1/28/24	1800	109	285 Lb		
1/29/24	1000	132		20	153/88-73
1/29/24	1700	107			
1/30/24	0800	129		20	137/83-82
1/30/24	2100	118			
1/31/24	0800	135			142/79-74
1/31/24	1900	127			
2/1/24	0900	142		20	146/91-81
2/1/24	1800	140			
2/2/24	0800	113		20	157/92-81
2/3/24	0700	147	Ozempic	20	150/83-79
2/4/24	0800	132	.5 Mg	20	139/83-91
2/4/24			282 Lb		
2/4/24	1800	108			
2/5/24	0800	111		20	152/99-60
2/5/24	2100	107			
2/6/24	0700	97		20	160/93-68
2/6/24	1600	110			
2/7/24	0800	123		20	159/89-73
2/7/24	2300	116			
2/8/24	0800	111		20	143/85-84
2/9/24	0700	108		20	152/88-80
2/10/24	0700	97		20	159/89-73
2/11/24	0700	120	.5 Mg 280 Lb	20	170/119-72
2/12/24	0800	107		20	176/100-82
2/12/24	1800	140			
2/13/24	0700	93		20	172/103-78
2/13/24	1500	143			

2/14/24	0800	101		20	159/93-78
2/15/24	0800	114		20	156/89-91
2/16/24	0800	105		20	151/100-84
2/17/24	0800	115		20	175/106-92
2/18/24	0800	127	.5 Mg 280 Lb	20	144/86-74
2/19/24	0800	122		20	151/103-85
2/20/24	0800	105		20	160/145-74
2/21/24	0700	101		20	160/108-86
2/1/24					
2/1/24					
2/1/24					
2/1/24					

MY MEDICATION LIST / VERN IRWIN LAST 4 = 2585
2/10/2024

MEDICATION	TAKEN
*****	*****
MEDS I CURRENTLY USE	MEDS I CURRENTLY USE
Ascorbic ACID 500MG Tab Rx# 8966821A	1 Tab a day
Tamsulosin HCL 0.4 MG Rx# 9036782	1 Capsule daily
Xarelto / Rivaroxaban 20MG TAB for Afib Rx# 9112128	1 Tab daily
Lantus Insulin Rx#	20 Units each day or as needed
Aspart Insulin Rx#	No Longer needed
Ibuprofen 200MG	2 Tabs each morning& evening
Finasteride 5 MG Tab Rx# 90336780	10 MG...1 daily
Losartan 25 MG for High B/P Rx# 8954412	1 daily
Tylenol 500 MG / Tab	2 Morning 2 Evening 2000 MG daily
SEMAGLUTIDE	.5 Mg Every Sunday Morning
Benedryl .25 Mg 3Ea	Evening for sleep aid