



Home monitoring diary

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Managing your diabetes

You may find this diary useful for monitoring your daily blood glucose level, making the right adjustments to your insulin doses and keeping a record of any appointments with your diabetes nurse or doctor.

Measuring your blood glucose level

Your diabetes nurse or doctor will teach you how to measure your blood glucose level. A level of 4-7mmol/L (millimoles of glucose per litre of blood) before meals shows good blood glucose control. If your results are too high (more than 10mmol/L) or too low (less than 4mmol/L) on a regular basis, your diabetes nurse or doctor will help to review your tablet or insulin doses.

The information in this diary is not intended to replace the advice of your diabetes nurse or doctor.



Additional measurement of blood glucose control HbA_{1c}

An indication of how good your blood glucose control has been for the preceding 2 to 3 months can be obtained by measuring something called glycosylated haemoglobin. This is often referred to as HbA_{1c}. Your diabetes nurse or doctor will measure your HbA_{1c} at your regular check-ups by testing a sample of your blood.

Things to remember

- Good blood glucose control can help reduce the risk of developing medical problems
- Test your blood glucose level at least _____ times a day
- Test at different times on different days, e.g., before meals or before bed
- Always wash your hands before testing to help make sure the result is accurate
- If you feel unwell, test more often



Contact details

Your name:

Address:

Telephone no. (daytime):

Telephone no. (evening):

[Emergency contact](#)

Name:

Relationship to you:

Address:

Telephone no. (daytime):

Telephone no. (evening):

[Hospital doctor](#)

Name:

Contact no.:

[Diabetes nurse specialist](#)

Name:

Contact no.:

[Dietician](#)

Name:

Contact no.:

[GP/Practice nurse](#)

Name:

Contact no.:

Treatment information

Insulin type (breakfast):

Insulin type (lunch):

Insulin type (evening meal):

Insulin type (bedtime):

Diabetes tablets:

Dose:

Diabetes tablets:

Dose:

Other medication:

Dose:

Other medication:

Dose:

Other medication:

Dose:

Other medication:

Dose:

[Treatment targets](#)

Blood glucose level: before meals

Blood glucose level: 2 hours after meals

HbA_{1c} level:

Blood pressure:

Weight:

Cholesterol/lipids:

Other:

Example table

Discuss with your diabetes nurse or doctor suitable times for you to test your blood glucose level. Testing and recording your blood glucose helps you monitor your diabetes and recognise when you need to adjust your diet, exercise level or medication.

The special events/comments box can be used to note things such as illness, hypos, missed meals, parties or exercise.



Date	Blood glucose level (mmol/l)						Insulin dose				Special events/ comments		
	before breakfast	2 hours after breakfast	before lunch	2 hours after lunch	before dinner	2 hours after dinner	before bed	during the night	breakfast	lunch		dinner	bedtime
1/6/13		8		7		6			10	12	14	46	hypo during the night
2/6/13	6		6		4		7		10	12	14	46	
3/6/13	5			6				2	10	12	14	46	

Your record



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Check-up records



Date							
HbA _{1c}							
Blood pressure							
Cholesterol/ lipids							
Weight							
Waist circumference							
Changes made to treatment							
Next appointment							
Date							
HbA _{1c}							
Blood pressure							
Cholesterol/ lipids							
Weight							
Waist circumference							
Changes made to treatment							
Next appointment							

Check-up records



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Blood pressure							
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Weight							
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Next appointment							
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Blood pressure							
Cholesterol/ lipids							
Weight							
Waist circumference							
Changes made to treatment							
Next appointment							

Some more contacts you might find useful:

Diabetes UK:

www.diabetes.org.uk

Tel: 0345 123 2399

Driving with diabetes

DVLA

www.gov.uk/diabetes-driving

Tel: 0300 790 6806

Healthy living

NHS support in giving up smoking

www.smokefree.nhs.uk

Tel: 0300 123 1044

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk or to Sanofi by phoning **0800 0902314**.

By reporting side effects you can help provide more information on the safety of this medicine.

Freephone 24-hour
Sanofi Diabetes care-line

08000 35 25 25

Sanofi, 410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT

SAGB.DIA.19.07.1193(1)

Date of preparation: January 2020