

MY BLOOD GLUCOSE DIARY

This diary will help you take control of your type 2 diabetes and reach your blood glucose targets with **SULIQUA[®]**



Name

My doctor/nurse

Suliqua[®] contains insulin

When using insulin, you should always carry the following things with you:

- Foods containing sugar such as dextrose tablets, sweets or a sugary drink
- Information that lets others know you have diabetes

This guide is intended for use by adult patients for whom Suliqua[®] has been prescribed to treat their type 2 diabetes. Only use this booklet as advised by your healthcare professional. Please see Suliqua[®] patient information leaflet for additional information

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects

WHAT IS A **BLOOD GLUCOSE DIARY**?

- **A blood glucose diary** helps you monitor your blood glucose levels and take control of your diabetes
- **Monitoring your blood glucose levels** will allow you to make adjustments to your treatment once a week, whilst at home. Your dose can be adjusted according to a target set by your doctor or nurse, and will help you keep your blood glucose levels on target
- Remember to **always take this diary** with you when visiting your doctor or nurse

TAKING CONTROL OF YOUR DIABETES

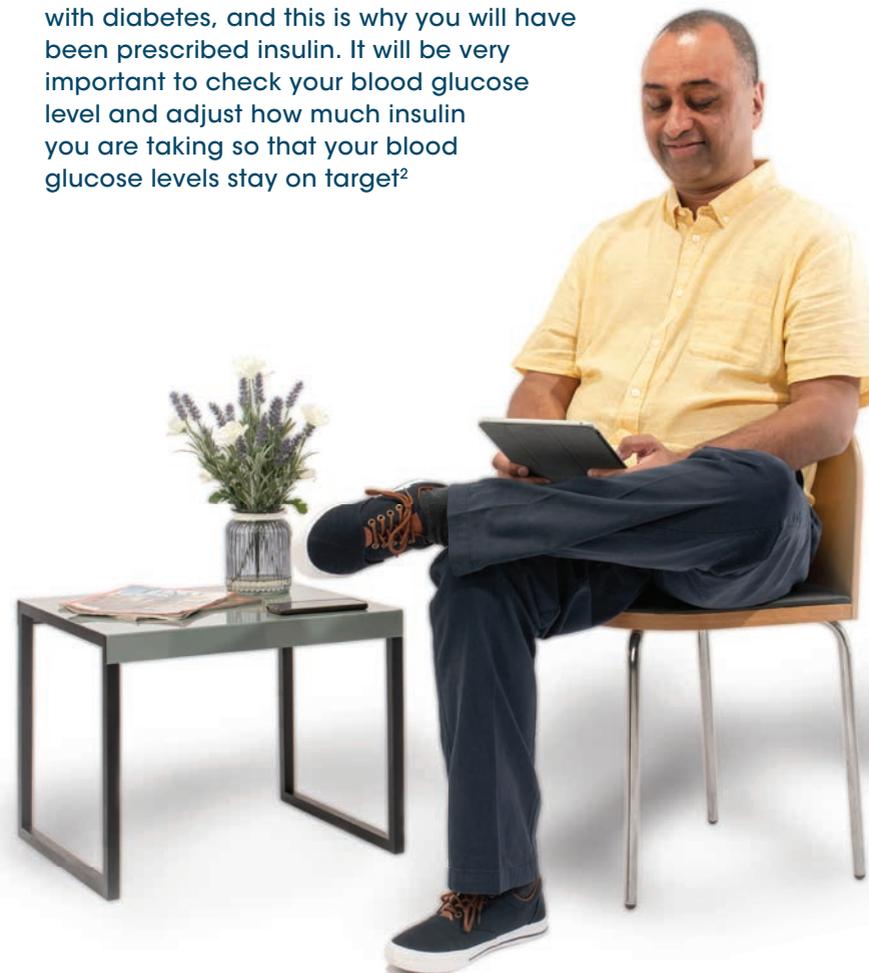
- Most people with diabetes spend just a few hours a year with their doctor or nurse. For the rest of the year they are able to manage the disease themselves. Living with diabetes can be difficult but it can be managed¹
- Self-measuring your blood glucose level and adjusting your treatment dose gives you the power to take control of your diabetes

Using your diary

You should only use this diary as advised by your doctor or nurse. This booklet is not a substitute for medical advice. If you have any questions or concerns, please speak with your healthcare professional

WHY IS GOOD **BLOOD GLUCOSE CONTROL** IMPORTANT?

- **Glucose** is a sugar that you get from food and drink. A blood glucose level lets you know how much of it is in your blood. Too much or too little glucose can cause serious complications?
- **Insulin** is a hormone made by your body that helps lower blood glucose levels when they are too high. People with diabetes may need to inject insulin if their bodies are not making enough, or if their bodies do not respond to the insulin that is being made
- **Blood glucose levels** will be higher in patients with diabetes, and this is why you will have been prescribed insulin. It will be very important to check your blood glucose level and adjust how much insulin you are taking so that your blood glucose levels stay on target²



WHY IS GOOD BLOOD GLUCOSE CONTROL IMPORTANT?

HIGH BLOOD SUGAR (HYPERGLYCAEMIA OR 'HYPER')^{3,4}

- High blood sugar can cause serious long-term damage to your body. It is very important to make sure your blood glucose levels are kept at their target levels.

A hyper is defined as a blood glucose level over 8.5 mmol/L at least 2 hours after a meal

- Hyperglycaemia may not have any symptoms, but warning signs can include:
 - Increased thirst
 - Increased urination
 - Tiredness
 - Dry skin
 - Loss of appetite
 - Fast heart beat
 - Reddening of the face
- If you think you have hyperglycaemia, test your blood glucose level to confirm this.

! Important

You should **speak to a doctor** straight away if your **blood sugar level is high** and you feel **very unwell** (e.g. feeling sick, vomiting, rapid breathing, fever, headache, drowsiness, or have severe tummy pain)



LOW BLOOD SUGAR (HYPOGLYCAEMIA OR 'HYPO')^{4,5}

- Low blood sugar levels are also dangerous and can happen quickly. It usually occurs if you have taken too much insulin, haven't eaten enough, have done more exercise than normal, or are recovering from an illness.

A blood glucose level of less than 4 mmol/L is considered a hypo

- Symptoms of hypoglycaemia include:
 - Feeling tired and hungry
 - Feeling shaky or trembling
 - Sweaty/clammy skin
 - Feeling anxious or irritable
 - Fast or irregular heart beat
 - Headache
 - Feeling sick
 - Loss of concentration
 - Loss of consciousness

! Important

If you think you have low blood glucose, **do not inject Suliqua®** and immediately **eat or drink something sugary**, such as sugar cubes, sweets, or a sugary drink. This will help raise your blood sugar quickly and relieve the symptoms. It is also a good idea to have something more substantial such as bread or pasta, which will help stop your blood glucose levels dropping too low again

WHAT ARE MY TARGET BLOOD GLUCOSE LEVELS?

- In order to keep your blood glucose at a healthy level and to avoid complications such as high or low blood sugar, it is important for you to know what your target levels are

Two important blood glucose measurements are:

- Fasting blood glucose (FBG)
- HbA1c

Fasting blood glucose lets you know what your blood glucose level is after you haven't eaten anything for at least 8 hours (e.g. after sleeping)

HbA1c measures how good your blood glucose control has been on average. It helps spot trends in your blood glucose levels over time²

Your doctor or nurse can help you fill in the table below with your readings. Make sure to fill in your current levels as well as your target levels

Date:	My level today	My target
Fasting blood glucose		to
HbA1c		

TIPS TO KEEP BLOOD GLUCOSE LEVELS ON TARGET^{6,7}

- Monitoring your blood glucose level is just one step in taking control of your diabetes. It is also important to maintain a healthy lifestyle by eating the right foods and doing regular exercise. You can always discuss ways in which you can exercise or eat healthily with your doctor or nurse
- Below are some examples of what you can do to maintain a healthy lifestyle:



Eat plenty of vegetables and low-carb fruits e.g. avocado, peaches and watermelon



Switch to carbohydrates with a lower glycaemic index*, e.g. brown rice, wholegrain bread and wholegrain pasta



Avoid food and drink high in fat, salt and sugar, e.g. biscuits, crisps, cakes, chocolate, sugary fizzy drinks and fruit juice



Try to keep physically active – find what works for you and what you enjoy, be it walking, swimming, gardening, or any other activity that gets you moving

- For further advice on diet and exercise, please refer to the Diabetes UK website, which is a great source of information: <https://www.diabetes.org.uk>



*What is glycaemic index (GI)?

- Glycaemic index is a measure of how quickly a food type affects your blood glucose level when it is eaten
- A high glycaemic index food will increase your blood glucose level faster than a food with a low glycaemic index

KEEPING YOUR BLOOD GLUCOSE ON TARGET:

A step-by-step guide

STEP 1 – MAKE A NOTE OF YOUR BLOOD GLUCOSE TARGET

- Your doctor or nurse will give you a target range for your blood glucose. You should make a note this here:

My fasting blood glucose target is to

STEP 2 – FILL IN THE DOSE ADJUSTMENT TABLE WITH YOUR DOCTOR OR NURSE

- You will need to compare your average blood glucose level with your blood glucose target to see how your dose needs to be adjusted
- Your doctor or nurse will advise you on how much you should adjust your dose by completing the table below:

My average blood glucose level ⁹	Dose adjustment ⁹
More than your target	Increase dose by <input type="text"/> dose steps
On target	Keep dose the same
Less than your target	Decrease dose by <input type="text"/> dose steps

! Important

It is very important that you fill in the boxes with your doctor or nurse, so you know how much to adjust your dose

STEP 3 – USE YOUR DIARY TO KEEP TRACK OF YOUR AVERAGE BLOOD GLUCOSE

- You can use your diary to keep track of your blood glucose levels. To do this, you need to check your **blood glucose level before breakfast for 3 days in a row**. You will need to do this **every week**
- For example, you could test your blood glucose level before breakfast on Monday, Tuesday and Wednesday. Try to take it at the same time on each day
- You should make a note of the three readings in your diary. You can then use these three readings to work out your average blood glucose level
- To calculate your average blood glucose level, add each of the numbers together and divide the total by 3. An example of this is shown below:

Date/day	Day 1	Day 2	Day 3	Total	Average
Blood glucose level	7.8	7.3	8.1	23.2	7.7

$7.8 + 7.3 + 8.1 = 23.2 \div 3 = 7.7$

- Your dose should be adjusted once every week, or as instructed by your doctor or nurse^{4,8,9}
- You should only change your dose after working out your average blood glucose level over 3 consecutive days, or as instructed by your doctor or nurse^{4,8,9}

Choose days that suit you

- The three days you choose to measure your blood glucose level are up to you. Choose the days that work best around your daily activities
- Just remember that the readings have to be done before breakfast and for 3 days in a row

STEP 4 – RECORD YOUR STARTING DOSE

- Make a note of your starting dose and you are ready to go!

My starting dose

DIARY EXAMPLE

- Below is an example of how to fill out your diary
- We have provided an example of what a blood glucose target and the dose adjustment table might look like. Remember that your targets might be different

It is important that you fill in your own blood glucose target and dose adjustment table with your doctor or nurse (Steps 1 and 2 on page 8)



Example targets

My fasting blood glucose target is

5.0

to

7.0

My average blood glucose level ^a	Dose adjustment ^a
More than your target	Increase dose by <input type="text" value="2"/> dose steps
On target	Keep dose the same
Less than your target	Decrease dose by <input type="text" value="2"/> dose steps

Example

My current dose

20 dose steps

CALCULATING YOUR AVERAGE BLOOD GLUCOSE LEVEL

To calculate your average blood glucose level, add together your 3 blood glucose levels to get the **total**, and then **divide the total by 3**

Date/day	Fri 22 Nov	Sat 23 Nov	Sun 24 Nov	Total	Average
Blood glucose level	7.8	7.3	8.1	23.2	7.7
				$\div 3 =$	
My average blood glucose level					7.7

ADJUSTING YOUR DOSE

You can now compare your average blood glucose level with your **blood glucose target** and adjust the dose according to the **dose adjustment table** (Steps 1 and 2 on page 8)

My new dose

22 dose steps

Notes/comments

No hypos over the last week.
Did a lot of walking and feeling well

DIARY

My current dose

CALCULATING YOUR AVERAGE BLOOD GLUCOSE LEVEL

To calculate your average blood glucose level, add together your 3 blood glucose levels to get the **total**, and then **divide the total by 3**

Date/day	<input type="text"/>	<input type="text"/>	<input type="text"/>	Total	Average
Blood glucose level	<input type="text"/>	+ <input type="text"/>	+ <input type="text"/>	= <input type="text"/>	÷ 3 = <input type="text"/>
My average blood glucose level				<input type="text"/>	

ADJUSTING YOUR DOSE

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My new dose

Notes/comments

DIARY

My current dose

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My new dose

Notes/comments

DIARY

My current dose

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My new dose

Notes/comments

DIARY

My current dose

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To calculate your average blood glucose level, add together your 3 blood glucose levels to get the **total**, and then **divide the total by 3**

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Blood glucose level	<input type="text"/>	+ <input type="text"/>	+ <input type="text"/>	= <input type="text"/>	÷ 3 = <input type="text"/>
My average blood glucose level				<input type="text"/>	

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My new dose

Notes/comments

DIARY

My current dose

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Date/day	<input type="text"/>	<input type="text"/>	<input type="text"/>	Total	Average
Blood glucose level	<input type="text"/>	+ <input type="text"/>	+ <input type="text"/>	= <input type="text"/>	÷ 3 = <input type="text"/>
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My new dose

Notes/comments

DIARY

My current dose

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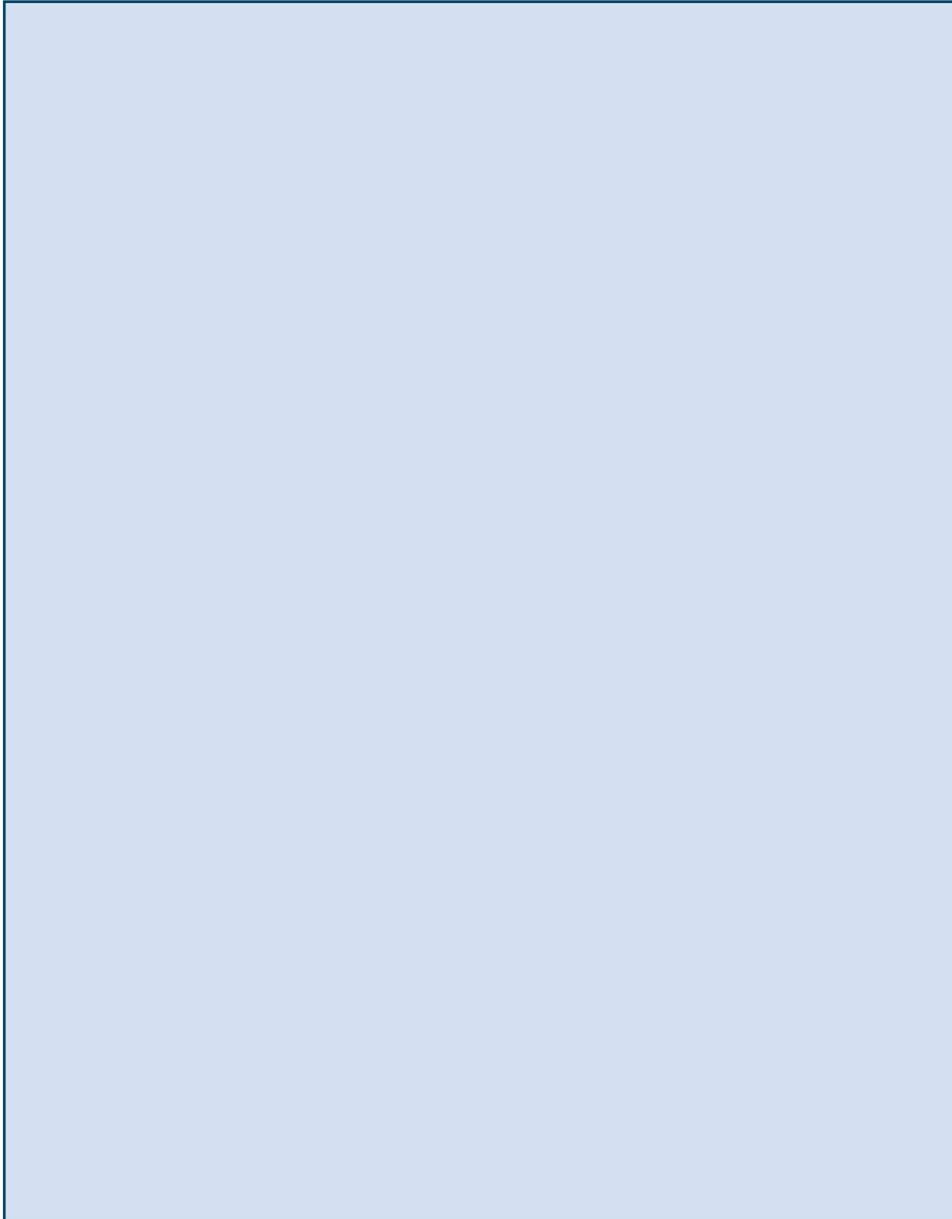
Date/day	<input type="text"/>	<input type="text"/>	<input type="text"/>	Total	Average
Blood glucose level	<input type="text"/>	+ <input type="text"/>	+ <input type="text"/>	= <input type="text"/>	÷ 3 = <input type="text"/>
My average blood glucose level				<input type="text"/>	

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My new dose

Notes/comments



REFERENCES

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9. Patel D, Triplitt C, Trujillo J. Adv Ther. 2019;36:1031-51

SULIQUA[®] ▼

Insulin glargine (100 U/mL) & lixisenatide

MY BLOOD GLUCOSE DIARY

SOME MORE CONTACTS YOU MIGHT FIND USEFUL:

Diabetes UK

Diabetes.org.uk

Tel: 0345 123 2399

Driving with diabetes

DVLA

Gov.uk/diabetes-driving

Tel: 0300 790 6806

Healthy living

NHS support in giving up smoking

Smokefree.nhs.uk

Tel: 0300 123 1044

Sanofi diabetes care-line

Freephone 24-hour

Tel: 08000 35 25 25

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

You can find further important safety information about SULIQUA[®] by visiting:
<https://www.medicines.org.uk/emc/rmm/1371/Document>