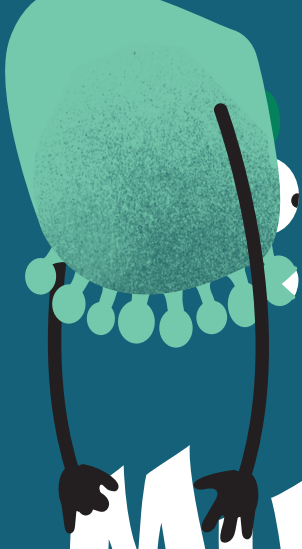
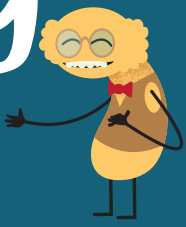
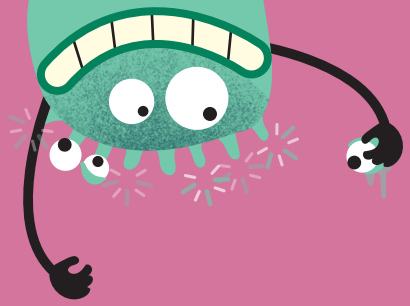


My Diabetes Diary

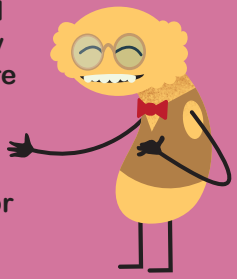


The information in this diary is not intended to replace the advice of your Diabetes Specialist Nurse or Doctor



Introduction

If you want to keep up with the Diabeasties, you need lots of energy! That's why it's important to make sure you take your insulin medicine every day, just the way your Diabetes Specialist Nurse or Doctor showed you.

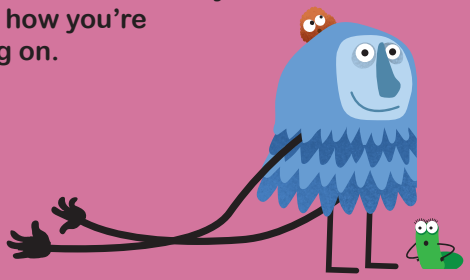


If you're like me, you probably want to do lots of things every day, and it can be hard to remember everything. So this diary can help you stay on track!

This is also a great place to write down anything else that has happened that day, like feeling tired, poorly, or feeling really full of energy!

Use this diary to write down your blood sugar levels – that way you can see if it changes. And if you ever need to change your insulin dose, you can make a note of that too.

Writing everything down can really help you understand how your medicine is helping you, and you can show it to your Diabetes Specialist Nurse or Doctor so they can check how you're getting on.



Keep on track, and stay healthy!

Visiting your Diabetes Specialist Nurse or Doctor

When you see your Diabetes Specialist Nurse or Doctor, they will check how your diabetes is getting on, and make sure you're well.

They will tell you the best times to check your blood sugar levels, and show you how to do it, to make sure there's not too much or too little sugar in your blood.

It's very quick and easy to check, and it helps to find out how well your medicine is working. This can help stop you getting a 'hypo' or a 'hyper'.

What is a 'hypo'?

A hypo is when you have too little sugar in your blood. This can make you feel very tired or poorly. If this happens, you need to eat something sugary as soon as you can.

What is a 'hyper'?

A hyper is when you have too much sugar in your blood. You might feel thirsty and need the toilet a lot. This means that you need more insulin.

Checking the level of sugar in your blood can really help, so you can avoid a 'hypo' or a 'hyper'.

Important things about me

My name is .....

I am ..... years old

My birthday is .....

Emergency contact details:

Name: .....

Relationship to me: .....

Address: .....

.....

.....

.....

.....

Telephone number:

Daytime: .....

Evening: .....

Hospital Doctor/Diabetologist:

Name: .....

Contact number: .....

Diabetes Specialist Nurse:

Name: .....

Contact number: .....

GP/Practice Nurse:

Name: .....

Contact number: .....

Treatment information:

Insulin type (breakfast): .....

.....

Insulin type (lunch): .....

.....

Insulin type (dinner): .....

.....

Insulin type (bedtime): .....

.....

Diabetes tablets: .....

Dose: .....

Diabetes tablets: .....

Dose: .....

Other medication: .....

.....

About my diabetes

I have had diabetes since I was ..... years old.

How I feel about having diabetes:

- ◯ It's ok
- ◯ It's not so bad
- ◯ It stinks!

How I explain diabetes to my friends:

.....

.....

Things that make my blood sugar high are:

.....

.....

What I do when my blood sugar is high:

.....

.....

Things that make my blood sugar low are: .....

.....

.....

What I do when my blood sugar is low:

.....

.....

.....

Things I would like to know about my diabetes: .....

.....

.....

.....

.....

More about me

What I like to do:

1.....

2.....

3.....

Games I like to play:

1.....

2.....

3.....

Favourite foods:

1.....

2.....

3.....

My best friend: .....

Favourite animal: .....

Favourite colour: .....

Things that make me happy: .....

.....

.....

Things that make me sad: .....

.....

.....

My favourite TV programme: .....

.....

.....

When I grow up I want to be: .....

.....

.....

My family and important people in my life

Who lives with me

Draw a picture of yourself and all the people who live with you. Write their names underneath.

Pets

If you have any pets, you can draw a picture of them here, and write their names underneath.

If you don't have any pets, draw your dream pet.

My special diabetes plan

When I need to test my blood sugar levels

Tick below for each time your Diabetes Specialist Nurse tells you to test your blood sugar level:

- Before breakfast ○
- 2 hrs after breakfast ○
- Before lunch ○
- 2 hrs after lunch ○
- Before dinner ○
- 2 hrs after dinner ○
- Before bed ○
- Night time ○

My blood sugar level should be between ..... and .....

When I need to take my insulin dose

Tick below for each time of the day you need to take your insulin dose:

- Breakfast ○
- Lunch ○
- Dinner ○
- Bedtime ○

Use the space below to make a note of any other special requirements from your Diabetes Specialist Nurse:

.....

.....

.....

.....

.....

.....

.....

.....

.....

On the next page you will see how to fill in your diary.

How to fill in your diary

Here's a page that shows you how to fill in your diary.

Date	Blood sugar level (mmol/L)								Insulin dose				Notes
	Before breakfast	2 hrs after breakfast	Before lunch	2 hrs after lunch	Before dinner	2 hrs after dinner	Before bed	Night time	Breakfast	Lunch	Dinner	Bedtime	Things I have done today

There are 8 spaces so you can write down your blood sugar levels at different times for that day

Make a note of your insulin dose in each box here

Put what day it is here

Use this space to write down anything special or different that you have done that day, like going to a party

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Notes

This diary is intended for children with diabetes who have been prescribed a Sanofi Insulin

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

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

Sanofi Medical Information:
08000 35 25 25

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

Provided by

sanofi

Date of preparation: June 2022 | MAT-XU-2200800(v2.0)