

home monitoring diary



changing diabetes



If this diary is lost please return it to:

Name: _____

Address: _____

Postcode: _____

Telephone number: _____

What is home monitoring?

A method of testing your blood glucose to enable you to make adjustments to your insulin.

You should aim to keep your blood glucose in the range of:

_____ **mmol/l**

(target blood glucose range)

Why should I monitor my blood glucose?

People with diabetes whose blood glucose is well controlled:

- Feel better
- Are less worried about 'hypos'
- Are less likely to have long-term health problems

Why have I been given this diary?

This diary is to help you record your home monitoring results and make adjustments to your treatment.

Take this diary with you when visiting your GP or diabetic clinic.

Example chart

My target blood glucose range (mmol/l)

Date	Insulin injection Time				Blood		
	7.30am NovoMix 30 FlexPen		6.00pm NovoMix 30 FlexPen		Before breakfast	2 hours after breakfast	Before midday meal
June 2006							
1st	28U		20U		5	8	
4th					5		6
7th					6	8	
9th					5	8	
11th							5
14th							
17th							
19th							

Record any changes in your dose of insulin.

Your GP or diabetic clinic will advise you which times to test your blood glucose.

However, you may test your blood glucose whenever you feel it is necessary.

glucose level (mmol/l)					Key events/Notes
2 hours after midday meal	Before evening meal	2 hours after evening meal	Before bed	During night	
	5		7		
	5	6			
	4		6		
	5		7		
7			4.5		Went to gym after work
					Kev's 21st birthday

Example chart

Following the advice from your GP or clinic you may use your test results to adjust your dose of insulin.

Use this space to record any special events, e.g. party, sporting activity, celebration meal.

You can record in this space any 'hypos', illness or changes in eating or exercise patterns which may affect your test results.

How do I inject insulin?

- Insulin is available in a range of different injection devices and can also be given by syringe
- Novo Nordisk durable injection devices have a three or four year warranty
- Should you need a spare or replacement device it may be useful to know that Novo Nordisk devices are available on prescription from your GP



Useful telephone numbers:

GP surgery: _____

Diabetic centre: _____

Hospital clinic: _____

Pharmacy: _____

Others: _____

NOVO NORDISK CUSTOMER CARE LINE:

0845 600 5055

Calls charged at local rate and may be recorded for training purposes.

(Office hours 8.30am - 5.30pm)

Novo Nordisk Customer Care

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For more information on diabetes visit our website
where Novo Nordisk booklets are available
in a downloadable format:

www.changingdiabetes.co.uk

DAWN

Diabetes Attitudes Wishes & Needs

This booklet was provided as a service to patients by:
Novo Nordisk Limited, Broadfield Park, Brighton Road,
Crawley, West Sussex RH11 9RT.



Wood fibre from
sustainable forests

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Further information is available from:
DIABETES UK, 10 PARKWAY, LONDON NW1 7AA
TEL: (020) 7424 1000 WWW.DIABETES.ORG.UK