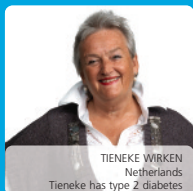


Novo Nordisk diabetes monitoring diary



changing the way forward in diabetes

This diary has been developed as an educational support for people using Novo Nordisk products and devices. All guidelines included are general and people should always follow the specific advice of their diabetes team.

Contact details

Hospital: _____

Phone: _____

Doctor: _____

Phone: _____

Other useful numbers

Diabetes nurse specialist: _____

Diabetes clinic appointments: _____

Diabetes midwife specialist: _____

Dietician: _____

Family doctor: _____

IMPORTANT!

Checklist for your visit to the diabetes day centre or out-patient clinic

Please bring with you:

- ✓ All medications you are currently taking, including recent prescriptions
- ✓ Insulin pen devices
- ✓ Blood glucose meter
- ✓ Record of blood glucose readings.

If you cannot attend an appointment, please reschedule in advance.

Record of all medications

Medication	Dose	Time taken

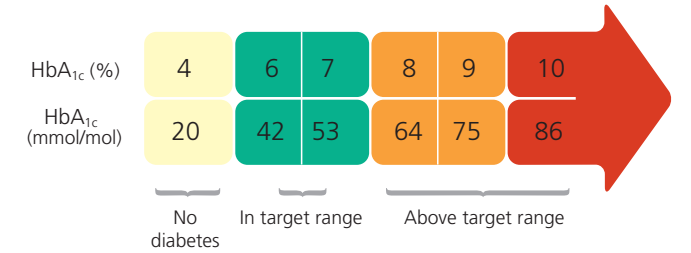
My daily blood glucose targets

Fasting glucose: _____

Post meal glucose: _____

My health records

	Today	Target for next visit
HbA _{1c} :	_____	_____
Weight:	_____	_____
Blood pressure:	_____	_____
Cholesterol:	_____	_____
Triglycerides:	_____	_____
HDL:	_____	_____
LDL:	_____	_____



Each person has an individual target range according to their needs and safety considerations.

Note: During 2010 a new unit of measurement was introduced for measuring your average blood glucose level. This means your HbA_{1c} is now recorded in mmol/mol (millimols per mol) instead of percentage. Both readings are shown above.

Healthy lifestyle guidelines

Healthy eating

- ✓ Keep your meals healthy and balanced by choosing high fibre, wholegrain carbohydrate foods, lean sources of protein and adding lots of vegetables/salad
- ✓ Aim for a combination of 5 portions of fruit and vegetables every day
- ✓ Try to avoid eating high calorie, sugary and fatty foods regularly; keep them as occasional treats, for all the family
- ✓ Don't skip breakfast! It's one of the most important meals of the day
- ✓ Avoid frying - instead boost your intake of healthy fats by eating oily fish twice a week
- ✓ As a rule choose diet drinks **except for treatment of hypos.**

For further information on healthy eating please see our 'looking after yourself' booklet.

Exercise

- ✓ Aim for 30-60 minutes of physical activity every day at a pace that requires effort
- ✓ Any exercise that you enjoy is good - e.g. walking, swimming, cycling and tennis
- ✓ Try to reach and maintain a healthy body weight.

Smoking

- ✓ **If you smoke - STOP - talk to your nurse or doctor for advice or contact the National Smokers' Quitline: 1800 201 203**

Alcohol

- ✓ Don't drink too much alcohol, especially not in one session
- ✓ Maximum amounts recommended per week:
Women: **11 units**, Men: **17 units.**
One unit = half a pint of ordinary beer / lager, one small glass (100 ml) of wine or one small measure of spirits.

Never stop taking your medication without discussing it with your nurse or doctor.

Test your blood glucose levels as advised by your nurse or doctor.

Blood pressure control is very important in the management of your diabetes. Your blood pressure should be less than $130/80$ unless otherwise discussed. Keep a record of your blood pressure.

Cholesterol should be checked regularly. Keep a record of your results.

Eye screening (retinal photography) should be done once a year. This is not the same as an eye test for vision - ask your nurse or doctor for advice on who should perform the screening.

Feet need to be looked after properly to avoid diabetes related complications - your nurse or doctor will advise or please refer to our 'Looking after your feet' leaflet.

Hypoglycaemia (low blood glucose)

Hypoglycaemia or 'hypo' happens when your blood glucose level falls too low (i.e. **less than 4 mmol/L**). If this happens, or if you are in doubt, you need to treat your 'hypo' as follows:

- Take 15g of fast acting carbohydrate, e.g.:
 - ✓ 5 glucose (Dextro-Energy*, Lucozade*) tablets **or**
 - ✓ 100 ml Lucozade* original (note other versions contain varying amounts of glucose) **or**
 - ✓ 150 ml fruit juice **or**
 - ✓ 150 ml sugary drink (e.g. Coke*, 7UP* - not the diet version)

- ✓ Check your blood glucose level after 10-15 minutes
- ✓ If you still don't feel well and your blood glucose level remains less than 4.0 mmol/L, repeat the above
- ✓ Eat your next meal if due
- ✓ If your next meal is not due within an hour, have a small carbohydrate snack e.g. bread, fruit
- ✓ If you are due to take your insulin and /or diabetes medications please do so as normal.

Remember – always carry glucose tablets or some form of sugar with you

If you have frequent episodes of mild hypoglycaemia (low blood glucose level) or one episode of severe hypoglycaemia, your treatment may need to be changed. You should record each episode and inform your nurse or doctor.

You should always follow the specific advice given by your diabetes team.

Sick day rules - type 1 diabetes

When ill, even if you are not eating, blood glucose levels tend to rise. If not treated urgently, high blood glucose levels may lead to diabetic ketoacidosis, a severe complication that could lead to coma. Insulin requirements may increase even if you are not eating.

What should I do?

- ✓ Never stop taking your insulin
- ✓ It is likely you will need more insulin
- ✓ Test your blood glucose levels and ketones every **2-4** hours
- ✓ Drink plenty of unsweetened fluids e.g. water
- ✓ Obtain medical advice if you are vomiting and ketones are present
- ✓ Rest
- ✓ Take your insulin and eat your regular food if you are able
- ✓ Drink regular 7UP* if unable to eat
- ✓ Seek medical advice for your underlying illness.

Ketone levels can be checked in two different ways - in blood or in urine.

Information for patients testing for ketones

If your blood ketone level is:

Less than 0.6 mmol/L

Urine ketone reading:
- / trace

This is fine. Just go on testing your glucose as usual.

Blood ketone reading:
between 0.6 and 1.5 mmol/L

Urine ketone reading: +

This is a bit high. You should test your glucose and ketones again in 2-4 hours time. You may need extra insulin. Contact your nurse or doctor for advice.

Blood ketone reading:
between 1.5 and 3 mmol/L

Urine ketone reading: ++

You may be at risk of developing DKA (diabetic ketoacidosis). You will need to take extra insulin. Call your nurse or doctor immediately for advice.

Blood ketone reading:
more than 3 mmol/L

Urine: +++ or ++++

You require immediate emergency treatment - go straight to your nearest Accident and Emergency department.

When should I call my doctor or diabetes centre?

If you:

- ✓ Have ketones in your blood / urine (see table)
- ✓ Are unable to keep fluids down
- ✓ Continue to have abnormally high blood glucose levels
- ✓ Have continuous diarrhoea or vomiting
- ✓ Can't eat for 24 hours
- ✓ Have a raised temperature
- ✓ If you are worried.

If you don't feel better after initial medical advice or treatment within a day, contact your nurse or doctor again.

Sick day rules - type 2 diabetes

What should I do?

- ✓ Never stop taking your medication
- ✓ Test your blood glucose levels at least 4 times a day
- ✓ Drink plenty of unsweetened fluids e.g. water
- ✓ Rest
- ✓ Eat your regular food if you are able
- ✓ If you are unable to eat, drink regular 7UP* throughout the day.

When should I call my doctor or diabetes centre?

If you:

- ✓ Have continuous diarrhoea or vomiting
- ✓ Are unable to keep fluids down
- ✓ Continue to have high blood glucose levels
- ✓ Can't eat for 24 hours
- ✓ Have a high temperature
- ✓ If you are worried.

You should always follow the specific advice given by your diabetes team.

Additional information for all people using insulin

- ✓ **Never stop taking your insulin.**
- ✓ Your diabetes team will advise you on how to adjust your insulin as required
- ✓ Have a supply of treatments for hypoglycaemia and a glucagon kit available, please make sure that this is in date
- ✓ Carry or wear some ID to say that you have diabetes
- ✓ Do not drive if your blood glucose level **is less than or equal to** 5.0 mmol/L.

Some oral diabetes medications carry a risk of hypoglycaemia - ask your nurse or doctor to advise if this applies to you.

Week commencing Monday:

____ / ____ / ____

Blood glucose test results

	Breakfast		Lunch		Evening meal		Before bed
	Before	After*	Before	After*	Before	After*	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
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Sunday							

Insulin name and units taken

Before breakfast	Before lunch	Before evening meal	Before bed	Comments: e.g. hypos, extra insulin, illness, ketone readings etc.

* As advised by your nurse or doctor.

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Acknowledgements

Novo Nordisk would like to thank the Diabetes Nurse Specialists who have been instrumental in developing this diary:

Denise Blanchfield, St. Luke's Hospital, Kilkenny

Hilda Clarke, Portiuncula Hospital, Ballinasloe, Galway

Margaret Corbett, Connolly Hospital, Dublin

Helen Crowley, Kerry General Hospital, Tralee

Sarah Fitzpatrick, University Hospital, Limerick

Catherine Flynn, St. James's Hospital, Dublin

Rita Forde, Mater Misericordiae Hospital, Dublin

Anne Griffin, Letterkenny General Hospital, Donegal

Deirdre Hall, East Coast Area, Primary Care

Marie Heffernan, South Infirmery/Victoria University Hospital, Cork

Pat Keenan, Mater Misericordiae Hospital, Dublin

Jackie McGrath, Naas General Hospital, Kildare

Yvonne Maloney, University Maternity Hospital, Limerick

Deirdre Moyna, Monaghan General Hospital, Monaghan

Margaret O'Connor, South Tipperary General Hospital, Tipperary

Mary O'Scannail, St. Columcille's Hospital, Dublin

Maria O'Sullivan, AMNCH Hospital, Dublin

Helen Twamley, Beaumont Hospital, Dublin

Cathy Breen, Senior Dietician, St. Columcille's Hospital, Dublin



Diabetes Ireland

Supporting people with diabetes

Would you like to:

Meet other people with diabetes and share experiences and knowledge of diabetes?

Participate in family, social and educational activities?

Keep up to date with developments in diabetes?

**For more information contact
the Diabetes Ireland
on Lo-call 1850 909 909/01 842 8118
or visit www.diabetes.ie**

Diabetes Ireland, 19 Northwood House,
Northwood Business Campus, Santry, Dublin 9
Diabetes Ireland is a registered charity (CHY 6906)



Would you like to:

Keep up to date with diabetes research developments?

Support global and Irish based research into diabetes?

**For more information contact the
Diabetes Ireland Research Alliance
on 01 8428118 or visit www.diabetesresearch.ie**

Diabetes Ireland Research Alliance (CHY 18304)
is the research charity of Diabetes Ireland,
19 Northwood House, Northwood Business Campus, Santry, Dublin 9

Notes

Novo Nordisk diabetes monitoring diary

If found please return to:

Name: _____

Address: _____

Home tel: _____

Mobile: _____

changing diabetes®

Living with diabetes isn't easy. It takes discipline, control and support from the people around you. At Novo Nordisk, we want to be your partner in living well with diabetes. We understand that diabetes is just part of who you are, not what defines you. And that you need to be able to count on the company that supplies your medicine.

So what can you expect from us? You can expect our leadership in the search for a cure as we continue taking real steps in making sure everyone with diabetes, no matter where they are, has access to the care they need. To be ethical and responsible in the way we do business. And just as importantly, you can count on us to help change the way the world sees your diabetes - so that it just sees you.

Further information is available from:

Diabetes Ireland
Lo Call: 1850 909 909
www.diabetes.ie
info@diabetes.ie

Date of preparation: December 2014
IR/DB/1212/0700(1)

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Apis bull logo are registered
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