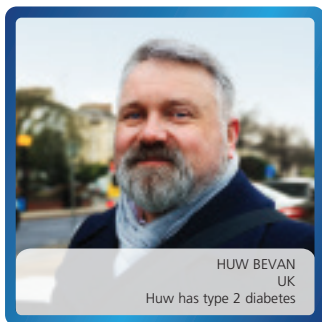


Novo Nordisk diabetes monitoring diary



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 next diabetes visit or appointment

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

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 3 regular meals a day to include vegetables, salad and fruit - up to 7 servings a day. Also include carbohydrate, eg. bread, potatoes, rice, pasta or cereal
- ✓ Try to avoid eating high calorie, sugary and fatty foods regularly; keep them as occasional treats
- ✓ Don't skip breakfast! It's one of the most important meals of the day
- ✓ Grill your food instead of frying. Boost your intake of healthy fats by eating oily fish twice a week
- ✓ As a rule avoid sugary fizzy drinks, smoothies and fruit juice; **except for treatment of hypos**

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

Exercise

- ✓ Aim for at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week). Examples of moderate aerobic activity are brisk walking, general gardening, slower cycling, water aerobics, medium paced swimming and ballroom dancing
- ✓ For more health benefits / weight loss, increase your aerobic activity to 60 minutes or do more vigorous aerobic activity. Examples of more vigorous aerobic activity are jogging/running, football, aerobics, circuit training, faster cycling, swimming lengths, tennis, heavy gardening, hill walking
- ✓ 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

- ✓ Drink alcohol sensibly
- ✓ Maximum amounts recommended per week:
Women: **11 standard units**, Men: **17 standard 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

Check 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 kept within the normal range. Speak to your doctor or nurse

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

Eyes should be checked. Register for **retinal screening** (not the same as an eye test). Freephone 1800 45 45 55 or visit www.diabeticretinascreen.ie

Feet need to be looked after properly to avoid diabetes related complications - your nurse or doctor will advise or please refer to our 'your feet and diabetes' leaflet. **Your feet should be checked by a health care professional at least once a year**

[#]Alcohol recommendation obtained from <https://www.askaboutalcohol.ie/>

Hypoglycaemia (low blood glucose)

Hypoglycaemia or 'hypos' happen when your blood glucose level falls too low (ie. **less than 4.0 mmol/L**). You may feel:



If this happens take some sugary food or drink as quickly as possible

Try to take 15g of fast acting carbohydrate (unless instructed otherwise). The following are good options to treat a mild hypo:

- glucose tablets eg. Dextro-Energy* Lucozade* tabs
- Lucozade Energy Original* mL
- fruit juice mL
- GLUCO JUICE* 60 mL energy shot
- full sugar fizzy drink eg. Coke* mL 7UP* mL

Your doctor or nurse will recommend exact quantities of each

- ✓ Re-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, re-treat as above
- ✓ If you are starting to feel better, eat your next meal if due, or if not due within an hour have a small carbohydrate snack e.g. slice of bread, piece of fruit
- ✓ If you are due to take your insulin and / or diabetes medications please do so as normal

You should tell everyone you spend time with that if you have a **severe hypo** and pass out they need to do the following:

- do not give you anything by mouth as you may choke
- turn you on your side in the recovery position
- get medical help immediately
- you may need an injection with glucagon which will temporarily raise your blood glucose levels

*are trademarks and are registered and protected by their respective owners.

Hypos and driving

- Always check your blood glucose level before driving and do not drive without eating if your blood glucose is below 5.0 mmol/l.
- Always carry glucose in your car for emergencies
- If you have a hypo while driving, stop when it is safe to do so, remove your keys from the ignition and remove yourself from the driving seat
- Do not drive for 45 minutes after having a hypo
- On long journeys stop regularly, at least every 2 hours, to check your blood glucose levels
- Be familiar with the Road Safety Authority Guidelines on driving with diabetes

Checklist to reduce your risk of hypos:

- Check your blood glucose regularly
- Do not delay in treating your hypo
- Always carry food or drink with you containing 15g of fast acting carbohydrate
- Carry a diabetes emergency card or bracelet
- Try not to skip meals
- Take your diabetes medication correctly
- If you drink alcohol keep to sensible amounts
- Visit your doctor or nurse regularly to check your medication and always follow the specific advice of your diabetes team

For further information on hypos please see the Talk hypos or Help with hypos books

Remember – always keep glucose tablets or something with 15g of fast-acting carbohydrate with you

Your treatment may need to be changed if you have frequent episodes of mild hypoglycaemia (low blood glucose level), or one episode of severe hypoglycaemia (where you needed assistance to treat the hypo). You should record each episode and inform 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?

- ✓ **Always take your insulin**
- ✓ Seek medical advice for your underlying illness and 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
 - are worried
- ✓ It is likely you will need more insulin, especially if you are vomiting
- ✓ Test your blood glucose levels and ketones every **2-4** hours
- ✓ Drink plenty of unsweetened fluids e.g. water
- ✓ Take your insulin and eat your regular food if you are able
- ✓ Drink fluids containing sugar such as 7UP* if you are unable to eat
- ✓ Rest

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

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

Sick day rules - type 2 diabetes

What should I do?

- ✓ **Never stop taking your medication** and ask advice from your doctor or nurse
- ✓ Seek medical help early 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
 - are worried
- ✓ Test your blood glucose levels at least 4 times a day
- ✓ Drink plenty of unsweetened fluids e.g. water
- ✓ Eat your regular food if you are able
- ✓ Drink fluids containing sugar such as 7UP* if you are unable to eat
- ✓ Rest

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

Additional information for all people using insulin

- ✓ **Always take your insulin**
- ✓ Your diabetes team will advise you on how to adjust your insulin as required
- ✓ Check your blood glucose regularly
- ✓ Have a supply of treatments for hypoglycaemia and a glucagon kit available (please make sure that this is in date)
- ✓ Carry diabetes identification
- ✓ Inform your motor insurance company and the driving licence authority that you are taking insulin
- ✓ Do not drive if your blood glucose level **is less than or equal to 5.0 mmol/L**

Some oral diabetes tablets carry a risk of hypoglycaemia - ask your diabetes team if this applies to you

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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
Diabetes Ireland
on 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:

Get involved with diabetes research developments?

Support global and Irish based research into diabetes?

**For more information visit
www.diabetes.ie/research**

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
Tel: 01 8428118
info@diabetes.ie
www.diabetes.ie

Other useful websites:
www.healthyireland.ie
www.hse.ie/diabetes
www.rsa.ie/medicalfitnessdrive

If you have Type 2 diabetes it is recommended that you should attend a structured diabetes programme to help you manage your diabetes. Ask your doctor, nurse or dietician for information, as they will be aware of courses available to you.

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