

KEEP CONTROL AND REACH YOUR GOAL

MY BLOOD GLUCOSE
MONITORING DIARY

This diary is intended for adults with diabetes who have
been prescribed a Sanofi insulin.

This diary has been developed and funded by Sanofi.

sanofi

Living well with diabetes

Having diabetes should not prevent you from reaching your goals in life.

Your doctor or nurse will give you advice on how to best control and live with your diabetes, so you can focus on what really matters to you.

This diary will help you to monitor and keep a record of a range of useful information such as:

- blood sugar levels
- insulin doses
- upcoming appointments



Checklist for your next appointment

- ✓ Insulin Pen Device
- ✓ Blood Glucose Meter
- ✓ Blood Glucose Diary
- ✓ All other medications you are currently taking

My contact details

 **Name:**

 **Date of birth:**

 **Address:**

.....

 **Telephone:**

 **Email:**

Emergency contact

 **Name:**

 **Relationship to you:**

 **Address:**

.....

 **Telephone:**

The information in this diary is not intended to replace the advice of your doctor or nurse.

My diabetes team

Diabetes Consultant

 Name:

 Telephone:

Diabetes Specialist Nurse

 Name:

 Telephone:

Doctor (GP)

 Name:

 Telephone:

Practice Nurse

 Name:

 Telephone:

Pharmacist

 Name:

 Telephone:

Other

 Name:

 Telephone:

Treatment information

 Insulin type (breakfast):

.....

 Insulin type (lunch):

.....

 Insulin type (dinner):

.....

 Insulin type (bedtime):

.....

 Other diabetes medication:

Dose:

 Other diabetes medication:

Dose:

 Other medication:

Dose:

 Other medication:

Dose:

Hypoglycaemia

What is hypoglycaemia?

Normally your blood sugar levels should be between 4–7 mmol/L when you're fasting (before breakfast). If your blood sugar levels fall below 4 mmol/L, you may start to feel unwell – this is known as hypoglycaemia or a 'hypo'.

What causes a hypo?

The cause of a hypo is not always clear, but the following can increase the chance of your blood sugar levels getting too low:



missing or delaying a meal



exercising more than usual without having extra snacks or reducing your tablet/insulin dose



taking a dose of tablets/insulin that is too high



drinking alcohol



hot weather



sexual activity



certain illnesses*



some medicines**

*Particularly infections, vomiting or diarrhoea.

**Your doctor or nurse will be able to advise you on which medicines can cause a hypo.

Signs of a hypo

A hypo can occur quickly so it's important to **know the early warning signs**. The most common ones are:



tiredness or headaches



dizziness or shaking



rapid heart beat



feeling hungry



sweating heavily



being sick



blurred vision



feeling anxious or excited

If you're not completely sure you're having a 'hypo' you may want to test your blood sugar levels. Your doctor or nurse will show you how to do this.

How to treat a hypo?

If you experience hypo symptoms or if a blood sugar test has shown your levels are below 4 mmol/L, you must **act quickly** and:



eat or drink something that contains a lot of sugar, such as a small glass of a sugary drink (non-diet) or 4–5 glucose tablets



test your blood sugar levels again to see if it has increased to the recommended amount, if not, eat or drink more sugary products



when you start to feel better, have something to eat, such as a sandwich, fruit or your next meal

If you're not sure what or how much you should be eating and drinking during a hypo, or if you're having a lot of hypos, speak to your doctor or nurse.

What if I am unconscious?

Not acting quickly when you have a hypo could lead you to become unconscious. If this happens make sure your friends and family know how to react.

They must not put anything in your mouth, such as food or drink to try and give you sugar as you could choke. Instead, they should call an ambulance immediately and put you in the recovery position with your knees bent and head tilted back.

How to prevent a hypo?

There are several ways you can reduce the chance of getting a hypo:



test your blood sugar levels regularly



never miss a meal



avoid drinking alcohol on an empty stomach



plan ahead and carry extra snacks



learn to recognise your own hypo signs



always keep your diabetes ID or insulin passport with you

It's important to monitor your blood sugar levels regularly, so you can prevent a hypo by adjusting the amount of sugar you are eating or the amount of medication (glucose tablets or insulin) you are taking, depending on your level of activity. For example, if you're being more active you will need to eat more sugar and take less diabetes medication, and vice versa.

Sick day rules

It's important to take care of yourself when you're ill. If your diabetes isn't well managed it can increase your risk of developing a cold, flu or an infection.

Tips for managing diabetes with illness



When the body is fighting infection it can cause blood glucose levels to rise. Check your blood sugar levels more often when you're ill – at least four times a day



Stay well hydrated and drink at least 8-10 glasses of fluid a day, such as water, tea or coffee



Try to carry on eating, but if you can't keep food down and feel sick, replace meals with small snacks, glucose tablets or sugary drinks (non-diet)



Never stop taking your medication. Contact your doctor, pharmacist or nurse if you're unsure on what to do and if you need to adjust your diabetes medication

How can you manage your diabetes?

Your key tools to managing your diabetes include taking diabetes medication (tablets or insulin) and having a healthy diet and lifestyle.

It's also important to have regular check-ups for your heart, kidneys, eyes and feet so any complications can be detected and treated early. Your doctor or nurse will discuss how often you will need to have these check-ups and may refer you to a specialist.

Tips to look after your feet daily:



Wash and check your feet everyday



Be careful when cutting your toenails



Don't walk barefoot



Wear socks and comfortable shoes



Tell your doctor or nurse if you have any pain, cuts, swelling or bruising



Keep your feet hydrated

My blood sugar check-up

What is blood sugar?

After eating starchy foods, such as bread, fruit, rice and potatoes, the digestive process will break it into sugar (glucose) and release it into the blood. The sugar then travels into the cells to be used for energy. Blood sugar is the amount of sugar that travels around your body within the blood.



Why does it matter?

The level of sugar in your blood needs to be carefully monitored.

If it gets too low, it can lead to **hypoglycaemia** or a 'hypo' and can make you feel unwell. For more information please refer to **pages 6–9**.

However, if blood sugar levels get too high it can lead to **hyperglycaemia**, which can eventually cause health complications, such as damage to your eyes, heart and kidneys, as well as disrupting the blood circulation and nerves in your feet.

Your doctor or nurse will teach you how and when to measure your blood sugar levels and recommend the amount you should aim for based on your lifestyle. To achieve this recommended amount, they may advise you to make changes to your diet and exercise, and to adjust your medication.

My HbA_{1c} check-up

What is a HbA_{1c} check-up?

This blood test will measure your average blood sugar levels over the last 2–3 months. It's a good indicator of how well your diabetes has been controlled.



Remember, the HbA_{1c} blood test is not the same as the blood tests you do at home, which only reflect the level of sugar in the blood at one isolated point in the day.

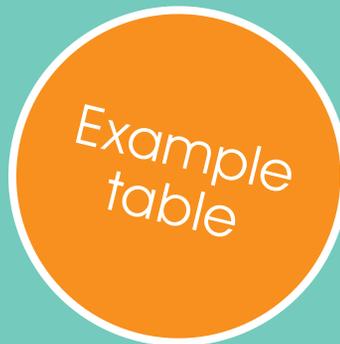
Why does it matter?

Having good control of your diabetes will reduce the risk of developing diabetes-related complications, such as damage to your eyes, heart and kidneys, as well as disrupting the blood circulation and nerves in your feet.

Date	HbA _{1c} (mmol/mol)

My daily record

Discuss with your doctor or nurse the best times for you to test your blood sugar levels. Testing and recording your blood sugar levels in the tables below helps you monitor your diabetes and recognise when you need to adjust your diet, exercise levels or medication. These tables are also useful to record any key events such as hypos, illnesses, missed meals, parties or exercise.



My daily record

Week commencing 26 / 06 / 2023



		Insulin Dose		Insulin Dose		Insulin Dose		Insulin Dose		Key events/ notes
		Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	During the night	
Monday	Blood sugar level (mmol/L)	3.8	7.8	7.1	8.2	7.4	8.1	7.7	7.5	hypo in the morning
	Insulin type and dose	n/a	n/a	n/a	n/a	Bolus 10 units	Bolus 10 units	Basal 14 units	Basal 14 units	
Tuesday	Blood sugar level (mmol/L)	6.8	7.3	7.1	7.9	6.2	8.7	7.9	7.8	Exercise class this evening
	Insulin type and dose	n/a	n/a	n/a						

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Check-up records

 Date				
 HbA _{1c}				
 Blood pressure				
 Cholesterol/ lipids				
 Weight				
 Waist circumference				
 Changes made to treatment				
 Next appointment				

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Useful contacts:

Diabetes Ireland

www.diabetes.ie

Tel: 01 8428118

Support in giving up smoking

Tel: 1800 201 203

Driving with diabetes

www.ndls.ie/medical-fitness

RSA Lo-Call Tel: 096 25000

Healthy living

www.healthyireland.ie

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 Patient Information Leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie.

Side effects should also be reported to Sanofi: Tel: 01 403 5600
e-mail: IEPharmacovigilance@sanofi.com

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

Reporting of product technical complaints:

If you are aware of any product quality issues, please report them to the company as soon as possible by calling the 24-hour Sanofi Diabetes care-line 1800 946 677 or emailing IE-ProductQualityComplaints@sanofi.com

Sanofi Diabetes care-line:

1800 946 677

18 Riverwalk, Citywest Business Campus, Dublin 24,
D24 VK33, Ireland

sanofi