

Diabetes Clinic

Glucose & insulin diary

Example diary



Date:		BEFORE BREAKFAST		BEFORE LUNCH		BEFORE TEA		BEFORE BED
<i>05/10/13</i>								
TIME	<i>03:00</i>	<i>07:00</i>		<i>13:10</i>	<i>15:00</i>	<i>18:00</i>		<i>23:30</i>
BLOOD GLUCOSE	<i>7.8</i>	<i>11.2</i>		<i>7.3</i>	<i>12.2</i>	<i>8.5</i>		<i>7.5</i>
CP		<i>3</i>		<i>4</i>		<i>8</i>		
QUICK ACTING INSULIN		<i>6+2</i>		<i>4</i>		<i>8+1</i>		
BACKGROUND INSULIN		<i>10</i>				<i>8</i>		
TIMING OF QA INJECTION		<i>+5</i>		<i>0</i>		<i>+15</i>		
EXERCISE / ACTIVITY Type & Duration						<i>Hour long walk after tea</i>		
FOOD & DRINK Comments Note any ' <u>carb free meals</u> '		<i>Cereal and orange juice</i>		<i>Sandwich and diet coke</i>		<i>Pasta. Ice cream.</i>		

Guide to the 'glucose & insulin' diary

Pink columns are recommended times for daily blood sugar monitoring. Blue columns are for extra tests (as suggested by your doctor / nurse specialist).

Time: of blood test / insulin injection **Blood glucose:** meter reading **CP:** Carbohydrate portion (e.g. 1CP or 10g carbohydrate)

Quick Acting Insulin: Quick acting insulin dose (e.g. If you take six units to cover your meal plus one unit as a correction dose, write: **6+1**)

Background insulin: Record your dose at the appropriate time (times).

Timing of insulin: How soon before or after your meal did you give your insulin injection (e.g. 15 minutes before the meal **+15**, with meal **0**, 5 minutes after meal **-5**).

Exercise: Record any increased activity / exercise.

Food & Drink: Brief note of what you had to eat and drink.