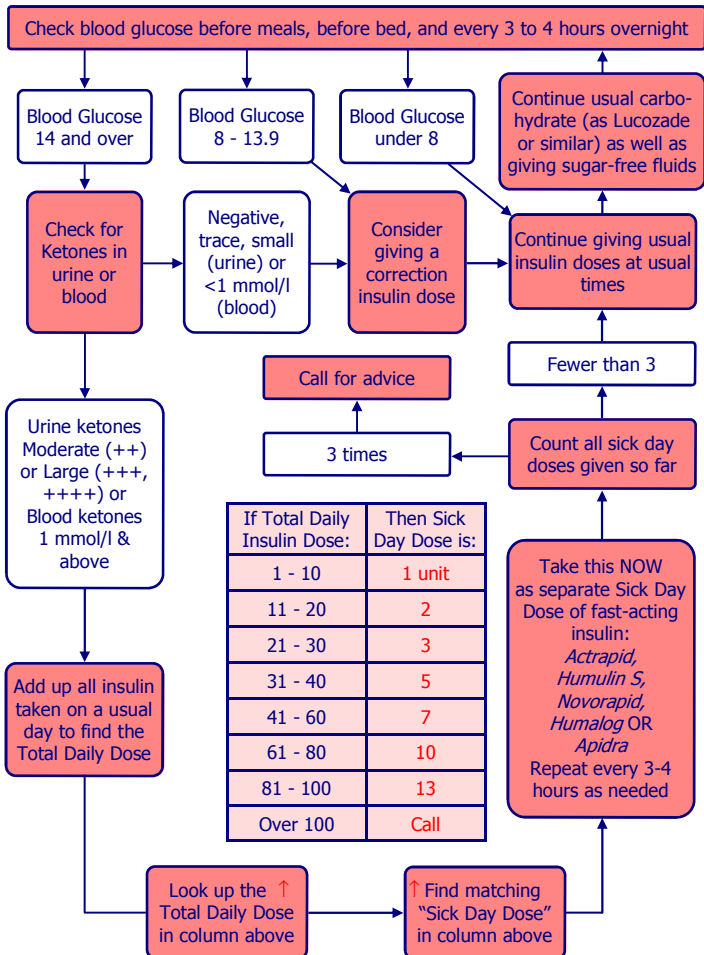


What to do when unwell or blood glucose over 14



www.diabetes-scotland.org/ggc

Blood Glucose Diary

To contact your Diabetes Team please call these numbers:

- For IRH Greenock & RAH Paisley patients: 0141 314 6911
- For RHSC Glasgow patients: 0141 201 0331

Please remember to *always* bring the following items to Clinic:

1. This blood glucose diary
2. Patient Held Record
3. Blood glucose meter
4. First morning specimen

Call for advice if:

1. requiring third sick-day insulin dose in a row
 2. vomiting persists
 3. child looks ill (sleepy, dry mouth, sunken eyes)
- OR YOU ARE WORRIED FOR ANY REASON

Clinic Results

Clinic Date: _____ **Age:** _____

Today's HbA1c: _____ % _____ mmol/mol

Last HbA1c: _____ % _____ mmol/mol

Target HbA1c: _____ % _____ mmol/mol

Height: _____ cm _____ centile

Weight: _____ kg _____ centile

Body Mass Index: _____ kg/m² _____

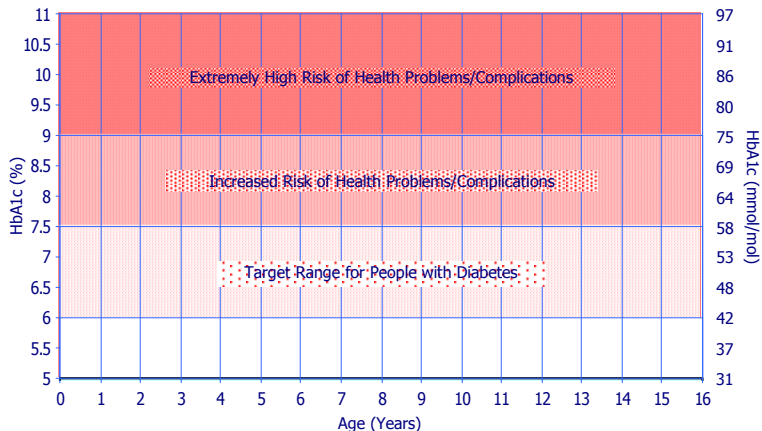
Correction Dose & Insulin Sensitivity

How to calculate a correction dose of insulin using Insulin Sensitivity

1. Work out insulin Total Daily Dose (TDD)
→ *add all bolus & basal insulin doses for one day*
2. Work out glucose fall for each unit of insulin taken ("Insulin Sensitivity"):
→ *divide 100 by TDD*
3. Work out required fall in blood glucose:
→ *subtract 8 mmol/l* from current blood glucose*
4. Work out insulin dose correction (add to regular dose or give separately):
→ *divide fall in blood glucose required by insulin sensitivity*

How to calculate a correction dose of insulin using Table Below

1. Use "Sick Day Rules" if Blood Glucose (BG) 14 mmol/l & mod/large ketones.
2. Use "Correction Dose" if No ketones but Blood Glucose over 10 mmol/l..
3. Add all insulin taken in a single day to give "Total Daily Dose" (TDD).
4. Find TDD in column on left & current BG in row at top of Table below.
5. Correction Dose (CD) is given where TDD row and BG column meet.
6. If no half-unit pen available round correction dose down to nearest whole unit.
7. Add CD to any regular dose of rapid-acting insulin due, or give separately.
8. Do NOT give a CD within 4 hours of another dose of rapid-acting insulin.
9. A CD is a **guide only**; caution should always be used if the dose is large or to be given overnight (e.g. consider halving suggested dose & reviewing effect).
10. ALWAYS discuss CD with Diabetes Team before using, or if any problems.



| TDD | Current Blood Glucose | | | | | | | | | | | |
|-------|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| | 10-11 | 12-13 | 14-15 | 16-17 | 18-19 | 20-21 | 22-23 | 24-25 | 26-27 | 28-29 | 30-31 | 32+ |
| 10-11 | - | - | - | - | 1 | 1 | 1 | 1.5 | 1.5 | 2 | 2 | 2 |
| 12-13 | - | - | - | - | 1 | 1 | 1.5 | 1.5 | 2 | 2 | 2 | 2.5 |
| 14-15 | - | - | - | - | 1 | 1 | 1.5 | 1.5 | 2 | 2 | 2.5 | 2.5 |
| 16-19 | - | - | - | 1 | 1.5 | 1.5 | 2 | 2.5 | 2.5 | 3 | 3.5 | 3.5 |
| 20-24 | - | - | 1 | 1.5 | 2 | 2 | 2.5 | 3 | 3.5 | 4 | 4 | 4.5 |
| 25-29 | - | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 | 5 | 6 |
| 30-39 | - | 1 | 1.5 | 2 | 3 | 3.5 | 4 | 4.5 | 5 | 6 | 6 | 7 |
| 40-49 | - | 1.5 | 2 | 3 | 4 | 4 | 5 | 6 | 7 | 8 | 8 | 9 |
| 50-59 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 60-69 | 1 | 2 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 13 | 14 |
| 70-79 | 1 | 3 | 4 | 5 | 7 | 8 | 9 | 11 | 12 | 14 | 15 | 16 |
| 80-89 | 2 | 3 | 5 | 6 | 8 | 9 | 11 | 12 | 14 | 16 | 17 | 19 |
| 90-99 | 2 | 4 | 5 | 7 | 9 | 10 | 12 | 14 | 16 | 18 | 19 | 21 |
| 100+ | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |

Hypoglycaemia

- means “low blood glucose”, and refers to a blood glucose of 3.9 mmol/l or lower.
- **severity** is graded by seeing what symptoms occur when the blood glucose falls.
- **causes** include delayed meals and snacks, taking too much or the wrong type of insulin, or taking a dose at the wrong time. Extra exercise, or vomiting and diarrhoea (with poor carbohydrate absorption) can also cause hypoglycaemia.
- is **best treated with glucose** (such as in Lucozade® Original or Dextrose tablets), as this is absorbed more quickly than other forms of simple carbohydrate. The fat in chocolate delays sugar absorption, so this is *not* a good hypo treatment.
- should be treated with fast acting glucose at first, and **10 minutes should pass before giving starchy carbohydrate** or this will delay the absorption of glucose.
- if severe, may cause drowsiness, or rarely a fit (convulsion or seizure), and is treated with a glucagon injection into the front of the thigh muscle.

| Severity | Symptoms | Treatment |
|----------|---|---|
| Mild | <ul style="list-style-type: none"> • Shaky • Hungry • Pale • Headache • Stomach Ache • Mood Swings • “Jelly”/Tired Legs • Lack of Concentration | <ul style="list-style-type: none"> • Give fast-acting carbohydrate <ul style="list-style-type: none"> • 3 Glucose tablets <i>OR</i> • 50 ml Lucozade® Original <i>OR</i> • 100 ml non-diet cola or similar • Wait 10 minutes and then retest blood glucose • If blood glucose still under 4 mmol/l: repeat above fast-acting carbohydrate & retest blood glucose in further 10 minutes • If blood glucose risen to 4 mmol/l or higher: give STARCHY CARBOHYDRATE such as <ul style="list-style-type: none"> • Digestive biscuit • Small sandwich • Snack or meal (if due) |
| Moderate | <ul style="list-style-type: none"> • Same as above, <i>however</i> • Slightly more confused • Dizziness • Unable to treat self • Too confused to eat/drink • Slurred speech • Unsteady on feet | <ul style="list-style-type: none"> • Treat as for Mild hypoglycaemia, but consider using Glucogel as fast-acting carbohydrate, instead of Glucose tablets, Lucozade® Original or non-diet drink • Do not use Glucogel if person unable to swallow |
| Severe | <ul style="list-style-type: none"> • Not able to take food/drink • Sleepy/Unconscious • May be fitting | <ul style="list-style-type: none"> • GlucaGen glucagon injection into the large, front-facing muscle of the thigh • Call 999 if no or slow response to treatment |

Care Plan until next contact with Diabetes Team

| | B'fast | Snack | Lunch | Snack | Tea | Snack | Snack |
|-------|--------|-------|-------|-------|-----|-------|-------|
| CARBS | | | | | | | |
| ICR | | | | | | | |

Personal Insulin Doses*

Correction Dose using Insulin Sensitivity: mmol/l
 1 unit of insulin should drop blood glucose:

Sick Day Dose: Give if Blood Glucose over units
 14 mmol/l and ketones moderate or large:

* Use *only* Novorapid & Humalog (not Humalog Mix) for correction & sick day doses

Record blood glucose results **ONCE a day, EVERY day**, and paired glucose readings **once or twice each month**

3 low or high results at same time of day means **change is needed NOW!** See Pages G01 & G02 in "My Health Record"

How to use Blood Glucose Charts

Different insulin types recorded

| | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|--------------|---|--|-------|-------|----------------------------------|-------|-------|
| | | | 12/10 | 13/10 | 14/10 | 15/10 | 16/10 | 17/10 | 18/10 |
| B | | Lev | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| B | 2 | Nov | 8 | 8+1.5 | 8+3 | 8+2 | 8 | 8 | 8 |
| L | 1.5 | Nov | 7.5 | 7.5 | 9 | 7.5 | 6 | 7.5 | 7.5 |
| T | 2 | Nov | 10 | 10+1.5 | 12 | 12 | 10 | 8 | 10+4 |
| T | | Lev | 12 | 12 | 12 | 14 | 14 | 14 | 14 |
| S | | | | | | | | +2 | |
| Early morning result | | | | | | | | | 7.1 |
| B | Over 8 | | | 12.6 | 16.2 | 14.3 | Correction bolus given at supper | | |
| R | 4 - 8 | | 7.9 | | | | 6.7 | 5.7 | 7.8 |
| E | Under 4 | | | 3 high results in a row are corrected, but basal dose must now also be increased | | | | | |
| 90 mins after meal | | | | | | | | 4.5 | |
| L | Over 8 | | | | 8.4 | | | | |
| U | 4 - 8 | | 5.6 | 7.2 | | 6.2 | | | 4.9 |
| N | Under 4 | | | | | | | | |
| 90 mins after meal | | | | | | | | 3.8 | 8.9 |
| T | Over 8 | | | 13.9 | | | | | 18.7 |
| E | 4 - 8 | | 6.9 | | | 5.9 | 6.4 | 5.2 | |
| A | Under 4 | | Low & high glucose results are recorded in highlighted rows | | 3.2 | | | | |
| 90 mins after meal | | | | | | | | 9.8 | |
| S | Over 8 | | 8.3 | | 12.5 | | | | 14.6 |
| U | 4 - 8 | | | 4.9 | | 5.4 | 6.7 | | 5.8 |
| P | Under 4 | | | | | | | | |
| 90 mins after meal | | | | No correction dose given for this high result as it immediately follows a hypo | | | | | 8.3 |
| Overnight result | | | | | | | | 6.5 | |

Daily Blood Glucose Results

| | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|--------------|--------|---------|------|-------|--------|-------|-------|
| | | | | | | | | | |
| B | | | | | | | | | |
| B | | | | | | | | | |
| L | | | | | | | | | |
| T | | | | | | | | | |
| T | | | | | | | | | |
| S | | | | | | | | | |
| Early morning result | | | | | | | | | |
| B | Over 8 | | 3 High | results | in a | row ? | Act or | Phone | Now ! |
| R | 4 - 8 | | | | | | | | |
| E | Under 4 | | 3 Low | results | in a | row ? | Act or | Phone | Now ! |
| 90 mins after meal | | | | | | | | | |
| L | Over 8 | | 3 High | results | in a | row ? | Act or | Phone | Now ! |
| U | 4 - 8 | | | | | | | | |
| N | Under 4 | | 3 Low | results | in a | row ? | Act or | Phone | Now ! |
| 90 mins after meal | | | | | | | | | |
| T | Over 8 | | 3 High | results | in a | row ? | Act or | Phone | Now ! |
| E | 4 - 8 | | | | | | | | |
| A | Under 4 | | 3 Low | results | in a | row ? | Act or | Phone | Now ! |
| 90 mins after meal | | | | | | | | | |
| S | Over 8 | | 3 High | results | in a | row ? | Act or | Phone | Now ! |
| U | 4 - 8 | | | | | | | | |
| P | Under 4 | | 3 Low | results | in a | row ? | Act or | Phone | Now ! |
| 90 mins after meal | | | | | | | | | |
| Overnight result | | | | | | | | | |

Give "Correction Dose" if blood glucose over 8 (check ketones if over 14) Give "Sick Day Dose" if blood glucose over 14 & ketones moderate or large

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Record blood glucose results **ONCE a day, EVERY day**, and paired glucose readings **once or twice each month**

Low or high results at same time of day means **change is needed NOW!** See Pages G01 & G02 in "My Health Record"

Give "Correction Dose" if blood glucose over 8 (check ketones if over 14) Give "Sick Day Dose" if blood glucose over 14 & ketones moderate or large

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
| A | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
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| 90 mins after meal | | | | | | | | | | |
| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| Overnight result | | | | | | | | | | |

Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| E | 4 - 8 | | | | | | | | | |
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| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| P | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| Overnight result | | | | | | | | | | |

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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
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| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
| N | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
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| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
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|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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Daily Blood Glucose Results

| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
| 90 mins after meal | | | | | | | | | | |
| L | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| U | 4 - 8 | | | | | | | | | |
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| T | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
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| S | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
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|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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| | | ICR (U/10g) | Insulin Type | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------------|----------------|----------------|-----------------|------|-------|--------|-------|-------|-----|-----|
| B | | | | | | | | | | |
| B | | | | | | | | | | |
| L | | | | | | | | | | |
| T | | | | | | | | | | |
| T | | | | | | | | | | |
| S | | | | | | | | | | |
| Early morning result | | | | | | | | | | |
| B | Over 8 | 3 High | results | in a | row ? | Act or | Phone | Now ! | | |
| R | 4 - 8 | | | | | | | | | |
| E | Under 4 | 3 Low | results | in a | row ? | Act or | Phone | Now ! | | |
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