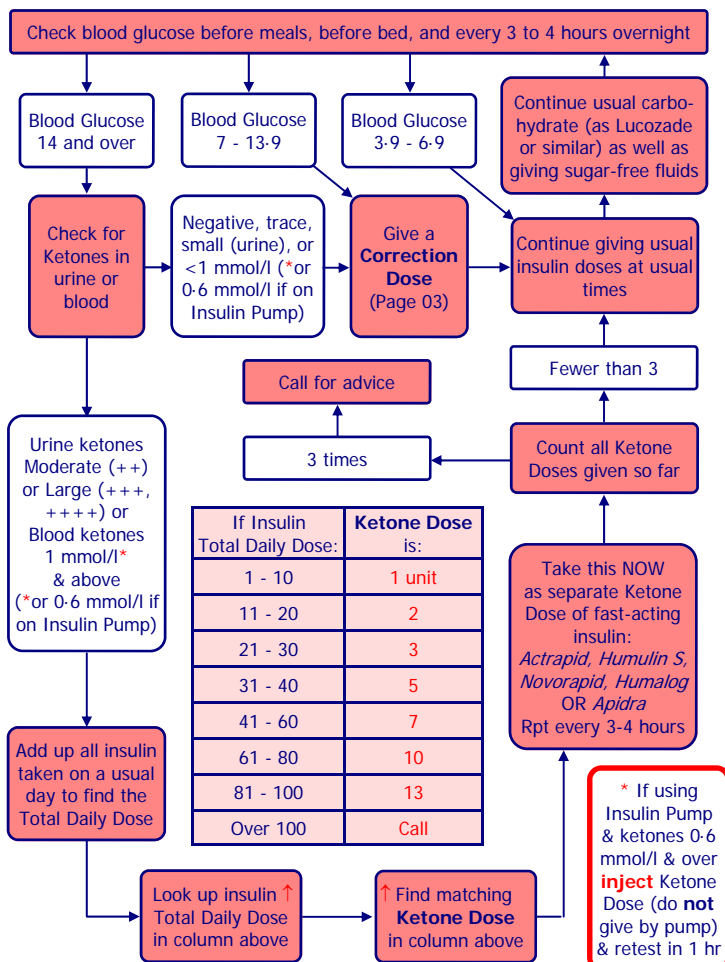


## Ketone Dose: What to do if unwell or blood glucose over 14

More details on ketones and illness found in "My Health Record", Page 123 of PHR Information Section



### 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**

\* Ketones are *very dangerous* & **must** be dealt with as quickly as possible.

[www.diabetes-scotland.org/ggc](http://www.diabetes-scotland.org/ggc)

# Blood Glucose Diary

Call these numbers to contact your Diabetes Team:

- Royal Hospital for Children, Glasgow patients: 0141 201 0331
- Inverclyde Royal Hospital, Greenock patients: 0141 314 6911
- Royal Alexandra Hospital, Paisley patients: 0141 314 6911
  - [childrenwithdiabetes@ggc.scot.nhs.uk](mailto:childrenwithdiabetes@ggc.scot.nhs.uk)

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

## Clinic Results

Clinic Date: \_\_\_\_\_ Age: \_\_\_\_\_ yrs \_\_\_\_\_ mths

Today's HbA1c: \_\_\_\_\_ mmol/mol **HbA1c Target = 48** mmol/mol

Last HbA1c: \_\_\_\_\_ mmol/mol **HbA1c Target Max = 58** mmol/mol

Meter BG Avg.: \_\_\_\_\_ mmol/l **BG Avg. Target Max = 8** mmol/l

Height: \_\_\_\_\_ cm BMI: \_\_\_\_\_ kg/m<sup>2</sup>

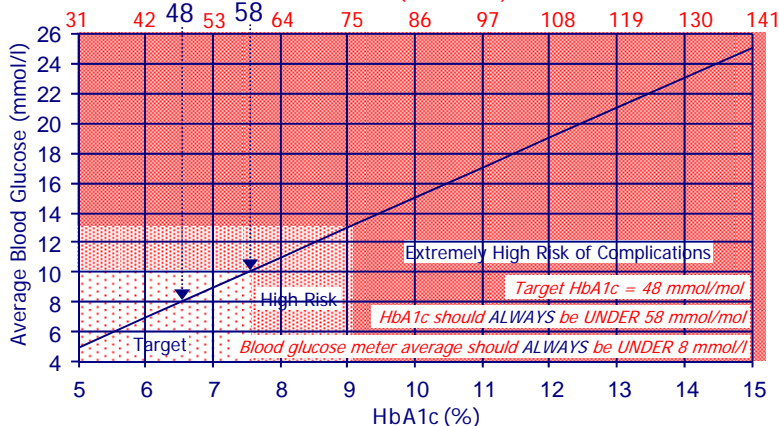
Weight: \_\_\_\_\_ kg BP: \_\_\_\_\_ mm Hg

## Suggested Carbohydrate & Carbohydrate:Insulin Ratios

	B'fast	Snack	Lunch	Snack	Tea	Snack	Snack
CARBS							
Carb:Ins Ratio							
Insulin Sensitivity							

## HbA1c, Average Blood Glucose & Risk of Complications

HbA1c (mmol/mol)



## Hypoglycaemia

- means "low blood glucose", and refers to a blood glucose of 3-8 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"> <li>● Shaky</li> <li>● Hungry</li> <li>● Pale</li> <li>● Headache</li> <li>● Stomach Ache</li> <li>● Mood Swings</li> <li>● "Jelly"/Tired Legs</li> <li>● Lack of Concentration</li> </ul>	<ul style="list-style-type: none"> <li>● Give fast-acting carbohydrate                             <ul style="list-style-type: none"> <li>● 3 Glucose tablets <i>OR</i></li> <li>● 60 ml Lucozade® Original <i>OR</i></li> <li>● 100 ml non-diet cola or similar</li> </ul> </li> <li>● Wait 10 minutes and then retest blood glucose</li> <li>● If blood glucose still under 4 mmol/l: repeat above fast-acting carbohydrate &amp; retest blood glucose in further 10 minutes</li> <li>● If blood glucose risen to 4 mmol/l or higher: give STARCHY CARBOHYDRATE such as                             <ul style="list-style-type: none"> <li>● digestive biscuit</li> <li>● small sandwich</li> <li>● snack or meal (if due)</li> </ul> </li> </ul>
Moderate	<ul style="list-style-type: none"> <li>● Same as above, <i>however</i></li> <li>● Slightly more confused</li> <li>● Dizziness</li> <li>● Unable to treat self</li> <li>● Too confused to eat/drink</li> <li>● Slurred speech</li> <li>● Unsteady on feet</li> </ul>	<ul style="list-style-type: none"> <li>● Treat as for Mild hypoglycaemia, but consider using Glucogel as fast-acting carbohydrate, instead of Glucose tablets, Lucozade® Original or non-diet drink</li> <li>● Do not use Glucogel if person unable to swallow</li> </ul>
Severe	<ul style="list-style-type: none"> <li>● Not able to take food/drink</li> <li>● Sleepy/Unconscious</li> <li>● May be fitting</li> </ul>	<ul style="list-style-type: none"> <li>● GlucaGen glucagon injection into the large, front-facing muscle of the thigh</li> <li>● Call 999 if no or slow response to treatment</li> </ul>

## Daily Blood Glucose Results

## Care Plan until next contact with Diabetes Team

W 23

	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B</b>			//	//	//	//	//	//	//
<b>B</b>			//	//	//	//	//	//	//
<b>L</b>			//	//	//	//	//	//	//
<b>T</b>			//	//	//	//	//	//	//
<b>T</b>			//	//	//	//	//	//	//
<b>S</b>			//	//	//	//	//	//	//
0400 or 0600									
<b>B</b>	<b>HIGH</b>								
<b>R</b>	3.9 - 6.9								
<b>E</b>	<b>LOW</b>								
2 hrs after meal									
<b>L</b>	<b>HIGH</b>								
<b>U</b>	3.9 - 6.9								
<b>N</b>	<b>LOW</b>								
2 hrs after meal									
<b>T</b>	<b>HIGH</b>								
<b>E</b>	3.9 - 6.9								
<b>A</b>	<b>LOW</b>								
2 hrs after meal									
<b>S</b>	<b>HIGH</b>								
<b>U</b>	3.9 - 6.9								
<b>P</b>	<b>LOW</b>								
2 hrs after meal									
0000 or 0200									
									7d Avg BG

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### Ketone Dose (see Page 32 of this BG Diary):

If Glucose over 14 mmol/l & urine ketones moderate, large OR blood ketones 1-0 mmol/l (0.6 mmol/l on pump) & over:

units

\* Use *only* Novorapid & Humalog (not Humalog Mix) for Correction & Ketone Doses

# BOLUS INSULIN STEP 1: CALCULATE CARBOHYDRATE DOSE

Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio (CIR)

Step 1	CARBOHYDRATE : INSULIN RATIO (grams per Unit) to maintain steady Blood Glucose after meals																																																																	
	2-5	3	3-5	4	4-5	5	6	7	8	9	10	12	14	16	18	20	22	24	5	10	15	20	25	30	35	40	45	50	55	60	70	80	90	100																																
	2	1.5	1	1	1	0.5	0.5	0.5	0.5	0.5	0.5	-	-	-	-	-	-	-	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5	22	22.5	23	23.5	24

CARBOHYDRATE TO BE EATEN (Grams)

CARBOHYDRATE: INSULIN RATIO = Carbohydrate (grams) for each Unit of Insulin to keep after-meal BG steady.  
**CARBOHYDRATE DOSE** = Carbohydrate Eaten (grams) ÷ Carbohydrate: Insulin Ratio (or simply "Carb Ratio", CR)  
 = Number where "Carbohydrate Eaten" row meets "Carbohydrate: Insulin Ratio" column.  
 E.g. If eating 40 grams, and CR = 8 g/Unit, then Carbohydrate Dose = 40 ÷ 8 = 5 Units.

Divide required fall in Blood Glucose by Inulin Sensitivity to give Correction Dose.

W 22	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			B	/	/	/	/	/	/
B	/	/	/	/	/	/	/	/	
L	/	/	/	/	/	/	/	/	
T	/	/	/	/	/	/	/	/	
T	/	/	/	/	/	/	/	/	
S	/	/	/	/	/	/	/	/	
		0400 or 0600							
B	HIGH								
R	3.9 - 6.9								
E	LOW								
		2 hrs after meal							
L	HIGH								
U	3.9 - 6.9								
N	LOW								
		2 hrs after meal							
T	HIGH								
E	3.9 - 6.9								
A	LOW								
		2 hrs after meal							
S	HIGH								
U	3.9 - 6.9								
P	LOW								
		2 hrs after meal							
		0000 or 0200							7d Avg BG

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 28

## Daily Blood Glucose Results

W 21	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B R E	HIGH								
	3.9 - 6.9								
	LOW								
2 hrs after meal									
L U N	HIGH								
	3.9 - 6.9								
	LOW								
2 hrs after meal									
T E A	HIGH								
	3.9 - 6.9								
	LOW								
2 hrs after meal									
S U P	HIGH								
	3.9 - 6.9								
	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

## BOLUS INSULIN STEP 2: CALCULATE CORRECTION DOSE

Divide Fall in Blood Glucose required (mmol/l) by Insulin Sensitivity (IS)

Step 2	INSULIN SENSITIVITY (mmol/l fall per Unit) with Target Blood Glucose 6 mmol/l																
	TDD →	90 +	75-89	60-74	55-59	45-54	35-44	30-34	23-29	18-22	16-17	14-15	12-13	10-11	8-9	6-7	4-5
IS →	1	1-2	1-5	1-7	2	2-5	3	4	5	6	7	8	10	12	15	20	
7-7.9	1	0.5	0.5	0.5	0.5	-	-	-	-	-	-	-	-	-	-	-	-
8-8.9	2	1-5	1	1	0.5	0.5	0.5	0.5	-	-	-	-	-	-	-	-	-
9-9.9	3	2-5	2	1.5	1.5	1	0.5	0.5	0.5	0.5	-	-	-	-	-	-	-
10-10.9	4	3	2.5	2	2	1.5	1	0.5	0.5	0.5	0.5	-	-	-	-	-	-
11-11.9	5	4	3	2.5	2.5	2	1.5	1	1	0.5	0.5	0.5	-	-	-	-	-
12-12.9	6	5	4	3.5	3	2	2	1.5	1	1	0.5	0.5	0.5	-	-	-	-
13-13.9	7	5-5	4.5	4	3.5	2.5	2	1.5	1	1	0.5	0.5	0.5	0.5	-	-	-
14-14.9	8	6-5	5	4.5	4	3	2.5	2	1.5	1	1	0.5	0.5	0.5	0.5	-	-
15-15.9	9	7-5	6	5	4.5	3.5	3	2	1.5	1.5	1	1	0.5	0.5	0.5	-	-
16-16.9	10	8	6.5	5.5	5	4	3	2.5	2	1.5	1	1	0.5	0.5	0.5	0.5	-
17-17.9	11	9	7	6	5.5	4	3.5	2.5	2	1.5	1.5	1	1	0.5	0.5	0.5	0.5
18-18.9	12	10	8	7	6	4.5	4	3	2	2	1.5	1.5	1	1	0.5	0.5	0.5
19-19.9	13	11	8.5	7.5	6.5	5	4	3	2.5	2	1.5	1.5	1	1	0.5	0.5	0.5
20+ Over	14	11	9	8	7	5.5	4.5	3.5	2.5	2	1.5	1.5	1	1	0.5	0.5	0.5

CURRENT BLOOD GLUCOSE (mmol/l)

INSULIN SENSITIVITY = Blood Glucose (BG) fall from each Unit of insulin = 100 ÷ Insulin Total Daily Dose (TDD).  
 = Insulin dose to lower Current BG to Target BG of 6 mmol/l

**CORRECTION DOSE** = (Current BG - 6) ÷ Insulin Sensitivity  
 = Number where "Current Blood Glucose" row meets "Insulin Sensitivity" column.

**THEN ADD CARB DOSE TO CORRECTION DOSE**

TDD = ALL BASAL (Levemir, Lantus) + ALL BOLUS (Novorapid, Hlog) INSULIN

e.g. If TDD 50 U & BG 15 mmol/l, IS = 100 ÷ 50 = 2. Correction Dose = (15 - 6) ÷ 2 = 4.5 Units.

# How to Make Regular Insulin Dose Adjustments

# Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio to give Carbohydrate Dose.

## 1. Basal Dose of insulin for steady, long-term effect (Lantus, Levemir)

- Adjust Basal dose looking at trend of **before-meal** and **overnight** BG results.
- A **correct Basal dose** should keep BG steady from midnight to 3 am to 7 am.
- If **BG rises** overnight then Basal Dose too low (see \* Caution): ↑ dose 10%
- If **BG falls** overnight (& no Correction) then Basal Dose too high: ↓ dose 10%
  - \* Caution: Adolescents often have BG rise after 04:00 due to hormones, so may have to accept higher BG on waking to prevent overnight hypos.
- If **BG on target** overnight until 3 am *but high on waking*, be sure basal insulin dose *not* causing overnight hypos, and use **Bolus Correction Dose** on waking.

## 2. Bolus Carbohydrate Dose for meal-time carbohydrate (Novorapid)

- A **correct Carb Dose** causes before-meal BG to be unchanged 2 hours later.
- Divide Carbs eaten (g) by "correct" dose → **Carb:Insulin Ratio** ("Carb Ratio")
- Divide Carbs eaten (g) by Carb Ratio (CR) → **Carbohydrate Dose** ("Carb Dose")
- e.g. If eating 50 grams carbohydrate and Carb Ratio = 5 g/Unit →  
Carbohydrate Dose = 50 g ÷ 5 g/Unit = **10 Units**
- Meals may need different Carb Ratios (e.g. Breakfast often has a lower CR).

BG 2 hours after meal	Cause	Carb Ratio	Action	By
↑ by more than 2 mmol/l	Too much Carb for insulin dose	Too High	↓ CR	10%
↓ by more than 2 mmol/l	Too little Carb for insulin dose	Too Low	↑ CR	10%

## 3. Bolus Correction Dose for lowering high Blood Glucose (Novorapid)

- A **correct Correction Dose** returns a high BG to mid-point of Target Range (6).
- The **"100 Rule"** = 100 ÷ **Insulin Total Daily Dose** (TDD = Basal+Bolus insulin) = expected BG fall for each Unit of insulin given = **Insulin Sensitivity (IS)**.
- Divide BG fall required (mmol/l) by Insulin Sensitivity (IS) → **Correction Dose** = insulin dose to lower high BG to Target BG (of 6 mmol/l).
- e.g. If BG now = 16 mmol/l, Target 6 mmol/l & IS = 2 mmol/l fall per Unit → Correction Dose = (16 - 6) mmol/l fall ÷ 2 mmol/l per U = (10 ÷ 2) = **5 Units**
- Correction Doses may be given every 4 hours, either *added to* a Carbohydrate Dose, or as *separate injection* at other times. May need less insulin overnight.
- Correct the cause if 3 or more Correction Doses needed at same time of day.
- Ketones** are made when the body has too little insulin. A **Ketone Dose must**

be used (not a Correction Dose) if ketones mod, large or over 1 mmol/l (p32).

W 20	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 2

## Daily Blood Glucose Results

W 19	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/

0400 or 0600

B	HIGH								
R	3.9 - 6.9								
E	LOW								

2 hrs after meal

L	HIGH								
U	3.9 - 6.9								
N	LOW								

2 hrs after meal

T	HIGH								
E	3.9 - 6.9								
A	LOW								

2 hrs after meal

S	HIGH								
U	3.9 - 6.9								
P	LOW								

2 hrs after meal

0000 or 0200

7d Avg BG

3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Different insulin types recorded

## Daily Blood Glucose Results

Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Carb Dose bolus	Correction Dose bolus
		Divide Carbs eaten (g) by CIR (g/U) to give Carb dose						17/10
B	LEV	10	10	10	10	10	10	10
B	NOV	5	8	8	8	8	8	8
L	NOV	7	7.5	7.5	9	7.5	6	7.5
T	NOV	5	10	10	12	12	10	8
T	LEV	12	12	12	14	14	14	14
S	NOV							

0400 or 0600

B	HIGH		12.6	16.2	14.3		Correction Dose given at supper	
R	3.9 - 6.9	6.9				6.7	5.7	4.8
E	LOW							

2 hrs after meal

L	HIGH			8.4				
U	3.9 - 6.9	5.6	6.2		6.2			4.9
N	LOW							

2 hrs after meal

T	HIGH		13.9					18.7
E	3.9 - 6.9	3.9			5.9	6.4	5.2	
A	LOW			3.2				

2 hrs after meal

S	HIGH			12.5				14.6
U	3.9 - 6.9	6.3	4.9		5.4	6.7		5.8
P	LOW							

2 hrs after meal

0000 or 0200

No correction dose given for this high result as it immediately follows a hypo

Test for ketones if glucose over 14

3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

# Daily Blood Glucose Results

Divide required fall in Blood Glucose by Insulin Sensitivity to give Correction Dose.

W 1	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

W 18	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

08 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 25



## Daily Blood Glucose Results

## Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio to give Carbohydrate Dose.

W 17	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

W 2	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

24 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 09

## Daily Blood Glucose Results

Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio to give Carbohydrate Dose.

W 3	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

W 16	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

10 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 23

# Daily Blood Glucose Results

Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio to give Carbohydrate Dose.

W 15	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

W 4	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

22 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 11

# Daily Blood Glucose Results

Divide required fall in Blood Glucose by Insulin Sensitivity to give Correction Dose.

W 5	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

W 14	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

12 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 2

# Daily Blood Glucose Results

Divide required fall in Blood Glucose by Insulin Sensitivity to give Correction Dose.

W  
13

W  
9

Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		B	/	/	/	/	/	/
B		/	/	/	/	/	/	/
L		/	/	/	/	/	/	/
T		/	/	/	/	/	/	/
T		/	/	/	/	/	/	/
S		/	/	/	/	/	/	/

Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		B	/	/	/	/	/	/
B		/	/	/	/	/	/	/
L		/	/	/	/	/	/	/
T		/	/	/	/	/	/	/
T		/	/	/	/	/	/	/
S		/	/	/	/	/	/	/

0400 or 0600

0400 or 0600

B	HIGH							
R	3.9 - 6.9							
E	LOW							

B	HIGH							
R	3.9 - 6.9							
E	LOW							

2 hrs after meal

2 hrs after meal

L	HIGH							
U	3.9 - 6.9							
N	LOW							

L	HIGH							
U	3.9 - 6.9							
N	LOW							

2 hrs after meal

2 hrs after meal

T	HIGH							
E	3.9 - 6.9							
A	LOW							

T	HIGH							
E	3.9 - 6.9							
A	LOW							

2 hrs after meal

2 hrs after meal

S	HIGH							
U	3.9 - 6.9							
P	LOW							

S	HIGH							
U	3.9 - 6.9							
P	LOW							

2 hrs after meal

2 hrs after meal

0000 or 0200

0000 or 0200

7d Avg BG

7d Avg BG

20 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 13

## Daily Blood Glucose Results

Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio to give Carbohydrate Dose.

W 7	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

W 12	Ins. Type	CR (g/U)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	B			/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									
0000 or 0200									7d Avg BG

14 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 19

## Daily Blood Glucose Results

## Divide Carbohydrate eaten (grams) by Carb:Insulin Ratio to give Carbohydrate Dose.

W 11	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

W 8	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/
0400 or 0600									
B	HIGH								
R	3.9 - 6.9								
E	LOW								
2 hrs after meal									
L	HIGH								
U	3.9 - 6.9								
N	LOW								
2 hrs after meal									
T	HIGH								
E	3.9 - 6.9								
A	LOW								
2 hrs after meal									
S	HIGH								
U	3.9 - 6.9								
P	LOW								
2 hrs after meal									7d Avg BG
0000 or 0200									

18 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 19

# Daily Blood Glucose Results

Divide required fall in Blood Glucose by Insulin Sensitivity to give Correction Dose.

W 6	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/

W 10	Ins.	CR	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Type	(g/U)							
B			/	/	/	/	/	/	/
B			/	/	/	/	/	/	/
L			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
T			/	/	/	/	/	/	/
S			/	/	/	/	/	/	/

0400 or 0600

0400 or 0600

B	HIGH								
R	3.9 - 6.9								
E	LOW								

B	HIGH								
R	3.9 - 6.9								
E	LOW								

2 hrs after meal

2 hrs after meal

L	HIGH								
U	3.9 - 6.9								
N	LOW								

L	HIGH								
U	3.9 - 6.9								
N	LOW								

2 hrs after meal

2 hrs after meal

T	HIGH								
E	3.9 - 6.9								
A	LOW								

T	HIGH								
E	3.9 - 6.9								
A	LOW								

2 hrs after meal

2 hrs after meal

S	HIGH								
U	3.9 - 6.9								
P	LOW								

S	HIGH								
U	3.9 - 6.9								
P	LOW								

2 hrs after meal

2 hrs after meal

0000 or 0200

0000 or 0200

7d Avg BG

7d Avg BG

16 3 LOW or HIGH results at the same time of day means CHANGE IS NEEDED NOW!

Each week write in your meter's 7-Day Average Blood Glucose. Target is UNDER 8 mmol/l 17