

Novo Nordisk Customer Care  
**0845 600 5055**

Call charges may vary,  
please check with your service provider.

Calls may be recorded for training purposes.  
(Office hours 8.30am - 5.30pm)

For more information on diabetes visit our website  
where Novo Nordisk booklets are available  
in a downloadable format:

[www.changingdiabetes.co.uk](http://www.changingdiabetes.co.uk)

This booklet was provided as a service to patients by:  
Novo Nordisk Limited, Broadfield Park, Brighton Road,  
Crawley, West Sussex RH11 9RT.

# home monitoring diary



*Daniel Goncales de Oliveira lives  
in Brazil and has Type 2 diabetes*



Wood fibre from  
sustainable forests



Date of Preparation: November 2009

UK/DB/1109/0322

Further information is available from:  
DIABETES UK, TEL: (020) 7424 1000  
[WWW.DIABETES.ORG.UK](http://WWW.DIABETES.ORG.UK)

**changing diabetes**



## If this diary is lost please return it to:

- Novo Nordisk durable injection devices have a three or four year warranty
- Should you need a spare or replacement device it may be useful to know that Novo Nordisk devices are available on prescription from your GP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone number: \_\_\_\_\_

## What is home monitoring?

A method of testing your blood glucose to enable you to make adjustments to your insulin.

You should aim to keep your pre-meal blood glucose in the range of:

\_\_\_\_\_ mmol/l

(target blood glucose range)

And your post-meal target  
(i.e. 1-2 hours after a meal)

\_\_\_\_\_ mmol/l

(target blood glucose range)

## Why should I monitor my blood glucose?

People with diabetes whose blood glucose is well controlled:

- Feel better
- Are less worried about 'hypos'
- Are less likely to have long-term health problems

## Why have I been given this diary?

This diary is to help you record your home monitoring results and make adjustments to your treatment.

Take this diary with you when visiting your GP or diabetes clinic.

# Example chart

My target pre-meal blood glucose range (mmol/l) .....

My target post-meal blood glucose range (mmol/l) .....

Date	Insulin type and injection time				Blood glucose level (mmol/l)								Key events/Notes
	7.30am NovoMix 30 FlexPen		6.00pm NovoMix 30 FlexPen		Before breakfast	2 hours after breakfast	Before midday meal	2 hours after midday meal	Before evening meal	2 hours after evening meal	Before bed	During night	
June 2006													
1st	28 units		20 units		5	8			5		7		
4th					5		6		5	6			
7th					6	8			4	6			
8th					5	8			5		7		
11th							5	7			4.5		Went to gym after work
14th													
17th													
19th													Kev's 21st birthday

Record any changes in your dose of insulin (units).

Your GP or diabetic clinic will advise you which times to test your blood glucose.

However, you may test your blood glucose whenever you feel it is necessary.

Following the advice from your GP or clinic you may use your test results to adjust your dose of insulin.

Use this space to record any special events, e.g. party, sporting activity, celebration meal.

You can record in this space any 'hypos', illness or changes in eating or exercise patterns which may affect your test results.























## Checklist

- ✓ Always take your tablets and / or insulin
- ✓ Test your blood glucose regularly
- ✓ See your Doctor regularly to check your diabetes and general health
- ✓ Have your eyes tested
- ✓ Eat a healthy diet
- ✓ Don't smoke
- ✓ Keep to sensible amounts of alcohol
- ✓ Keep fit
- ✓ Watch your weight
- ✓ Check your feet regularly
- ✓ Inform your motor insurance company and the DVLA if you take insulin
- ✓ Carry diabetic identification

**Now go out and enjoy life –  
don't let diabetes stop you**

## Useful telephone numbers:

GP surgery: \_\_\_\_\_

Diabetic centre: \_\_\_\_\_

Hospital clinic: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Others: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**NOVO NORDISK CUSTOMER CARE LINE:**

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