

Blood glucose diary

If you regularly check your blood glucose levels, keeping a record in a blood glucose diary will help you to see patterns and understand how food, physical activity and diabetes medicine affect your glucose levels. You and your doctor should set a target goal for your blood sugar level for different times of the day. If your blood sugar is higher than your goals for 3 consecutive days and you do not know why, contact your doctor.

Deterioration in your usual blood glucose levels or frequent episodes of hypoglycaemia or hyperglycaemia can be signs of cognitive impairment or dementia. You can protect your brain function by keeping your blood glucose level in the target range.

The table on the next page can be used for daily monitoring. It will help you:

- to see how well you and your medication cope with different meals
- identify meals that make your blood sugar control more difficult
- to see if your levels are high during certain parts of the day
- to see how exercise, illness and stress affect your blood glucose levels.

Take the diary pages with you to appointments with your doctor and talk about your results at each visit. Ask what you can do when your blood glucose is out of your target range.

How to use this diary

Here are some blood glucose recording tips to make recording your blood glucose levels easier:

- Usual times to test your blood sugar are before meals, after meals and at bedtime. Ask your doctor how often you should check your blood sugar.
- Write down each reading and the date and time you took it.
- Test before and after meals (one to two hours after).
- Make a note of exercise you do and how long you exercise for, as this can have an effect on sugar levels.
- Note anything unusual, such as stress, delayed or missed meals, eating different foods, or being sick.
- If you have longer notes on a particular day, add them at the bottom or on the back of the diary page.
- If you find it difficult to test at a certain part of the day (e.g. before breakfast or after lunch), do what you can to fit these tests in to build a better all round understanding of your blood sugar control.
- Keep completed diary pages together in a safe place for future reference.

Finding the time to check your blood sugar can be a struggle. It is also hard when your sugar levels do not seem to match your efforts to manage your diabetes. Remember that your results are numbers to help you, not to judge you. Many people find that self-testing and using the results to manage their diabetes pays off. They are more able to take charge of their diabetes so that they can feel better and stay healthy in the future.

WEEKLY BLOOD GLUCOSE DIARY

Day/Date	Record	Morning		Midday		Evening		Night	
		Before meal	After meal	Before meal	After meal	Before meal	After meal	Before meal	After meal
	Level								
	Dose								
	Meal								
	Notes								
	Level								
	Dose								
	Meal								
	Notes								
	Level								
	Dose								
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