

SELF-MONITORING LOGBOOK OF YOUR BLOOD SUGAR VALUES



Your details

Family name: _____

First name: _____

Date of Birth: _____

Logbook provided by: _____

Your allergies: _____

Other health issues: _____

Your medical team:

Doctor: _____

Nurse: _____

Dietician: _____

Diabetologist: _____

Podiatrist: _____

Ophthalmologist: _____

Other healthcare professionals: _____

Blood sugar level

Remember to enter your blood sugar values in the table below

Empty stomach

mmol / liter	mg / 100 ml
20	360
19	342
18	324
17	306
16	288
15	270
14	252
13	234
12	216
11	198
10	180
9	162
8	144
7	126
6	108
5	96
4	72
3	54
2	36
1	18

Postprandial (2h after a meal)

mmol / liter	mg / 100 ml
20	360
19	342
18	324
17	306
16	288
15	270
14	252
13	234
12	216
11	198
10	180
9	162
8	144
7	126
6	108
5	96
4	72
3	54
2	36
1	18



Hypoglycemia

Sit down and eat four lumps of sugar. Check again after 20 minutes (more details on page 9).

Material used

(to be completed with your healthcare professional)

Type of insulin: _____

Other injectable treatment: _____

Injection device:

Prefilled pen or syringe Refillable pen

Material for self-checking

Self-injecting pen: _____

Lancets: _____

Equipment: _____

Date of the first check: _____

“GlucaGen® HypoKit®” explained on: _____

By: _____

Useful information

Why should you check your blood sugar level?

Your blood sugar values vary throughout the day depending on your diet, physical activity and medical treatment. Measuring your blood sugar values helps you better understand the factors that affect it and allows your doctor to modify your treatment. It also makes it easier to understand whether your perception of your physical condition is linked to fluctuations in your blood sugar level or not.

How to avoid hypoglycemia?

- ▶ Eat carbohydrates with each meal.
- ▶ Vary your carbohydrate intake according to your activity (you can obtain appropriate charts on this from your healthcare professionals).
- ▶ Take your treatment regularly.

Regular checks should be carried out with healthcare professionals

Every 3 months:

- ▶ your blood pressure
- ▶ your weight
- ▶ your feet and shoes
- ▶ your glycated hemoglobin

Every 6 months:

- ▶ your glycated hemoglobin (If this was not done after 3 months)
- ▶ your kidney function

- ▶ your lipid balance
- ▶ A check of your mouth condition

Once a year:

- ▶ Check-up by an ophthalmologist
- ▶ Vaccination against flu

Standard frequencies should be increased if necessary.

Driving your vehicle safely

Hypoglycemia can cause an accident due to dizziness, slow reflexes or loss of concentration. That is why you must always measure your blood sugar level before driving and note it in your logbook together with the time and date.

This is a legal requirement and in the event of a roadside check, you must be able to prove that your blood sugar level was higher than 5 mmol/l before getting behind the wheel.

Recommendations for drivers

- ▶ Ensure you have your monitoring device and carbohydrate food in the car.
- ▶ Always check your blood sugar level before driving and note it down in your logbook.
If it is below 5 mmol/l, eat 4 lumps of sugar (about 15 g).
- ▶ Check again after 20 minutes.
- ▶ If it is between 5 and 7 mmol/l, eat 2 lumps of sugar (about 8g). During the journey, check again every 60 to 90 minutes.

Your balanced diet should consist of:

- ▶ three meals a day
- ▶ some starch with each meal
- ▶ some snacks depending on your treatment and lifestyle

How does one recognize the lack of sugar in the blood (hypoglycemia)?

You are hypoglycemic if your blood sugar is lower than 4 mmol/l or if you notice any of these signs:



mood swings



tiredness



hunger



headaches



paleness



perspiration



trembling



dizziness



blurred vision

How to treat hypoglycemia?

Hypoglycemia is an emergency; don't wait to react! You should immediately take either:

4 lumps of sugar

or

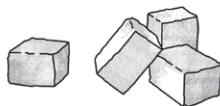
1.5 dl of fruit juice or
non-light sodas

or

2 teaspoons of honey

or

2 soup spoons of syrup
and water



Check again after 20 minutes, if your blood glucose level is still below 4 mmol/l, repeat the previous step.

+ INFO

Attention: in the event of hypoglycemia, do not stop your normal treatment (medication or insulin).

INFO



See

➤ www.hug.ch/vivre-avec-diabete

Information brochure

The brochure “*Living with diabetes*” gives you tips on how to make the best of everyday situations such as driving, and how to keep your blood sugar level in control.

Prevention is also addressed: balanced diet, physical activity, foot care, eye testing, etc.

Therapeutic educational programs offered

Outpatient support program

Designed for patients with type 2 diabetes, this program offers group and individual follow-up care for a year:

- ▶ It explores the different factors relevant to managing diabetes on a daily basis: diet, physical activity and behaviour.
- ▶ It focuses on experiential learning to promote behavioural change, re-energizing and improving the quality of life.
- ▶ It offers hands-on workshops from 5:00 to 7:15 p.m. to discuss different topics such as: physical activity, stress management, eating out, etc.

Diabetes education

5-day outpatient program

During five consecutive days, without hospitalization, a team of specialists adjusts your diabetes treatment and gives you the essential information for understanding and dealing with your condition.

You can:

- ▶ benefit from a medical assessment of your diabetes
- ▶ understand and review your diabetes treatment
- ▶ balance blood sugar levels
- ▶ share your experience with other patients
- ▶ try out different therapeutic solutions.

Improve your proficiency at managing your diabetes on a daily basis.

Motivational outpatient days

Work on your motivation to manage your disease. Each day focuses on a specific topic tailored to your needs: diabetes treatment, insulin, physical activity, nutrition.



FIND OUT MORE

Ask for the programs or look online under:

- www.hug.ch/unite-education-therapeutique-du-patient
- <http://hug.plus/diabetologie>

Adjustment table for insulin treatment

Slow insulin

Morning:

Evening:

Blood sugar level (mmol/l)	Fast insulin		
	Morning	Midday	Evening
From:			
To:			
From:			
To:			
From:			
To:			
From:			
To:			
From:			
To:			

Slow insulin

Morning:

Evening:

	Fast insulin		
Blood sugar level (mmol/l)	Morning	Midday	Evening
From:			
To:			
From:			
To:			
From:			
To:			
From:			
To:			

Date		Morning		Midday		Evening	
		Empty stomach	After the meal	Before the meal	After the meal	Before the meal	After the meal
	Blood sugar						
	Treatment						
	Carbo-hydrates						
	Blood sugar						
	Treatment						
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At bedtime	At night	Blood test Acetone	Your comments

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Useful telephone numbers

Division of Endocrinology, Diabetology, Nutrition and
Therapeutic Education

Secretariat: ☎ 022 372 91 92, F 022 372 93 30

Patient Therapeutic Education Unit

Secretariat: ☎ 022 372 97 22, F 022 372 97 15

Division of Primary Care Medicine
Nursing and Medical Consultations

Reception: ☎ 022 372 95 49/96 77, F 022 372 95 52

Pediatric Endocrinology and Diabetology Unit

Secretariat: ☎ 022 372 45 90/92, F 022 372 45 88