

Self monitoring patient diary

Record both your daily insulin injections and the result of your blood glucose level tests. Daily recordings of your test results will keep you and your doctor informed on how well your treatment plan is working and help to determine any changes that may be needed in your diet, exercise program or medication. Be honest and bring the diary with you on each doctor's visit.

Initially, after you have been diagnosed with Diabetes, you may need to test your blood glucose level more frequently until it has stabilized.

Blood Test	What is this?
HbA1c (Glycated haemoglobin)	A test done at least 2 times per year to determine what your average blood glucose level was over the last 8-12 weeks
Fasting/Preprandial blood glucose (FPG)	A reading taken first thing in the morning, before having anything to eat
Postprandial blood glucose (PPG)	A reading taken -2 hours after starting a meal

Glycaemic targets for control

Patient Type	Target HbA1c	Target FPG	Target PPG
Young Low risk Newly diagnosed No cardiovascular disease	< 6.5%	4.0 - 7.0 mmol/l	4.4 - 7.8 mmol/l
Majority of patients	< 7.0%	4.0 - 7.0 mmol/l	5.0 - 10.0 mmol/l
Elderly High risk Hypoglycemic unaware Poor short-term prognosis	< 7.5%	4.0 - 7.0 mmol/l	< 12.0 mmol/l

Are you experiencing LOW blood sugar?

Symptoms	When? <i>(During the day or at night)</i>	How often? <i>(More or less than once a week)</i>	Severity of symptoms? <i>(I had to drink/eat something or someone had to help me)</i>
Feeling shaky			
Nervousness or anxiety			
Sweating, chills & clamminess			
Irritability or impatience			
Anger, stubbornness or sadness			
Confusion			
Rapid/fast heartbeat			
Feeling lightheaded or dizzy			
Hunger and nausea			
Feeling sleepy			
Blurred/impaired vision			
Tingling or numbness in the lips or tongue			
Headaches			
Weakness or fatigue			
Lack of coordination			
Nightmares or crying out during sleep			
Seizures			
Unconsciousness			