



Blood Sugar Diary

Patient Name :

Age :

Gender :

Doctor Name :

Diagnosed with Diabetes : ago



Blood Sugar Control:

- Monitoring blood sugar
- Weight control
- Physical Activity
- Oral medication or insulin
- Avoid tobacco
- Visit your doctor regularly
- Monitoring for complication : This includes regular foot and eye checks, controlling blood pressure and blood sugar, and assessing risks for cardiovascular and kidney diseases



Why to test your blood sugar level?

Your blood sugar levels show how well you are controlling your diabetes. That's important because keeping your sugar under control over time can reduce your risk of developing serious diabetes complications later. Also help you to understand how diet, exercise and other factors like stress and illness affect your blood sugar levels.

When to test your blood sugar?

Your doctor will advise you on how often you should check your blood sugar level. In general, the frequency of testing depends on the type of diabetes you have and your treatment plan.

Keep a record

Each time you check your blood sugar level, write it down in this diary.

Over time, this record will help you to know what makes your blood sugar levels go up or down. Take this diary with you when you visit your doctor as this information can help your healthcare provider to create a diabetes plan that is best for you.

Your A1C record

A1C or hemoglobin A1C test shows your average blood sugar level over the past two to three months. Each time your doctor tests your A1C level, ask for the number and keep a record of it.

The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications. If you're not at your goal yet, keep following your doctor's diabetes management plan, and ask whether there's anything else you can do to get better blood sugar control.

This table is to be filled by your healthcare provider

	Breakfast		Lunch		Dinner	
	Before	After	Before	After	Before	After
Medicine						
Dose						

Notes:

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YOU can also record your most recent blood tests carried out by your Doctor

Your HbA1c Goal: %

Check-up records

Date			
Weight			
HbA1c			
Blood pressure			
Lipid Profile			
• Total Cholesterol			
• Triglycerides			
• High Density Lipoproteins			
• Low Density Lipoproteins			
Kidney Function Test			
• Blood Urea			
• Serum Creatinine			
• Creatinine Clearance Test			
• Uric Acid			

Reference:

Diabetes. Mayo Clinic Foundation. Available at: <http://www.mayoclinic.com/health/blood-sugar/DA00007>.

Accessed September 2013 ,19

I have diabetes,

In case of emergency, please notify:

Name:

Relationship:

Address:

Phone:

Medications I am taking:



GULF PHARMACEUTICAL INDUSTRIES

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