



Indispensable to human health

BD Getting Started™ Blood Sugar Diary



BD

Indispensable to human health

BD Getting Started
1 Becton Drive
Franklin Lakes, NJ 07417-9931

Place
Stamp
Here

MC 376
Consumer Services

How to Contact Us?

BD Consumer Services is available to answer your questions Monday thru Friday, 9 am - 5 pm Eastern Time. Call toll-free in US: 1-888-BDCARES (1-888-232-2737)* or visit our website at www.bddiabetes.com

**NOT FOR EMERGENCY OR MEDICAL INFORMATION*



Becton, Dickinson and Company
Franklin Lakes, NJ 07417

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Blood Sugar Diary Reorder Form

Please answer the following questions and we will send you two free diaries to record your results.*

1. Select one:

- I have diabetes
 Friend/family member has diabetes
 I am a healthcare professional
 I have a pet with diabetes
 Other _____
(please specify)

2. What insulin injecting devices are used on a daily basis? (Check all that apply.)

- 1cc syringe
 1/2 cc syringe
 3/10 cc syringe
 Reusable Insulin Pen w/cartridges
 Disposable Prefilled Pen
 Needleless injector
 Pump
 I do not inject insulin
 Other _____
(please specify)

3. How many times /day do you usually test your blood sugar?

- Less than 1 time per day
 1 time per day
 2 times per day
 3 times per day
 4 times per day
 5 or more times per day
 I do not test
 When I feel I need to

4. If an insulin syringe or pen needle is used, what brand of needles do you use most often?

- Syringes:** (Check only one.)
 BD™
 Monoject®
 Precision™ Sure-Dose™
 Reli-On™
 Store Brand
 Other
 I do not inject insulin
- Pen Needles:** (Check only one.)
 BD™
 NovoFine®
 Other
 I do not use a pen.

- Check this box if you do **not** wish to receive **mail** from BD.
 Check this box if you do **not** wish to receive **email** from BD.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail Address _____

Important Note: BD values your privacy and does not provide the names of its consumers to other companies.

*Reorder form applicable in US only.

PLEASE ALLOW 6 WEEKS FOR DELIVERY

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This diary belongs to:

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Telephone _____

This diary covers the period from: ____ / ____ / ____ **to:** ____ / ____ / ____

MO DAY YR MO DAY YR

Near normal blood sugar range before eating is: 80 – 120 mg/dl

Near normal blood sugar range 2 hours after eating is: 100 – 140 mg/dl

My target blood sugar range:

Before eating **From:** _____ **To:** _____

2 hours after eating **From:** _____ **To:** _____

This diary will help you keep accurate records of your blood sugar results, so that you can manage your diabetes more easily.

By making a habit of recording each result, you will see how your body reacts to your insulin, and how different foods and activities affect your blood sugar levels.

The diary provides space for recording your daily insulin injections, blood sugar results, and any notes you may want to make. It will also make you aware of any major changes in your blood sugar levels during a given day or week, and help you find the possible causes. For example, if you are less active than usual on a given day, a blood sugar check can tell you that you need to lower your food intake to avoid a high blood sugar level. With a little practice, you'll be able to understand the effects of insulin, foods, and exercise on your blood sugar levels, and by working with your doctor or nurse educator, you'll learn how to make adjustments that will keep you in your target blood sugar range.

