





Indispensable to human health

## BD Getting Started<sup>™</sup> Blood Sugar Diary



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



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Blood Sugar D	iary Reorde	er Form	
Please answer the following questions a your results.*	and we will send	d you two free	diaries to record
<ul><li>1. Select one:</li><li>☐ I have diabetes</li><li>☐ Friend/family member has diabetes</li><li>☐ I am a healthcare professional</li></ul>	☐ I have a pet v ☐ Other(ple	with diabetes  ase specify)	
2. What insulin injecting devices are used ☐ 1cc syringe ☐ 1/2 cc syringe ☐ 3/10 cc syringe ☐ Reusable Insulin Pen w/cartridges	<ul><li>□ Disposable P</li><li>□ Needleless in</li><li>□ Pump</li></ul>	refilled Pen njector	Other
3. How many times /day do you usually  Less than 1 time per day  1 time per day  2 times per day  3 times per day	test your blood  4 times per d  5 or more tin  1 do not test  When I feel I	day nes per day	(please specify)
4. If an insulin syringe or pen needle is use Syringes: (Check only one.)  □ BD™ □ Monoject® □ Precision™ Sure-Dose™ □ Reli-On™ □ I do not	_	Pen Needles: ( ☐ BD™ ☐ NovoFine® ☐ Other	(Check only one.)
☐ Check this box if you do <b>not</b> wish to re☐ Check this box if you do <b>not</b> wish to re	eceive <b>mail</b> from eceive <b>email</b> fron	BD. n BD.	
Name			
Address			
City	State	Z	ip
Phone —			
E-mail Address Important Note: BD values your privacy and does not p *Reorder form applicable in US only.			companies.  FOR DELIVERY
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Name	
Address	
	StateZip
Telephone	
This diary covers the p	eriod from:// to://
	MO DAY YR MO DAY YR
	ange before eating is: 80 – 120 mg/dl ange 2 hours after eating is: 100 – 140 mg/dl
	ange 2 hours after eating is: 100 – 140 mg/dl
Near normal blood sugar ra My target blood sugar	ange 2 hours after eating is: 100 – 140 mg/dl

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.

## **How to Use the Blood Sugar Diary**

To fill out the diary, simply write your blood sugar results in the box marked Blood Sugar. List the amount and any changes in insulin taken in the box marked insulin. Write down any types of special or unusual foods you have eaten, the times and types of exercise, and also any sickness and urine results for ketones, in the comments section. Also note your feelings, low blood sugar reactions, and general health. "Good Control" – keeping your blood sugar levels in a range that you and your doctor have agreed upon (*usually "near the normal range"*), can become a routine part of your life and help you feel better every day.

## **Sample Logbook Entry**

_													
	В	reakfa	st Luncl		Lunch	ch Dinner			Bedtime		Night	Comments	
	before	insulin	after	before	insulin	after	before	insulin	after		insulin		Diet, exercise,
Day date	time blood sugar		time blood sugar	time blood sugar		time blood sugar	time blood sugar		time blood sugar	time blood sugar		time blood sugar	ketones, stress, feelings, general health
Mon 04/29	106	5h 10n		100			240	8h		180	15n		ate lunch out
Tue		5h 10n	140			180		8h		120	15n		
Wed 05/01	115			130			180			90			ran 30 min, ate larger snack

	Breakfast			Lunch			Dinner			Bedtime		Night	Comments
	before	insulin	after	before	insulin	after	before	insulin	after		insulin		Diet, exercise,
Day date	time blood sugar		time blood sugar	ketones, stress, feelings, general health									
Mon													
Tue													
Wed													
Thu													
Fri													
Sat													
Sun													

Breakfast			Lunch	l	Dinner			Bedi	time	Night	Comments	
before	insulin	after	before	insulin	after	before	insulin	after		insulin		Diet, exercise,
time blood sugar		time blood sugar	time blood sugar		time blood sugar	time blood sugar		time blood sugar	time blood sugar		time blood sugar	ketones, stress, feelings, general health
В	reakfa	st	Lunch			Dinner			Bedtime		Night	Comments
before	insulin	after	before	insulin	after	before	insulin	after		insulin		Diet, exercise,
time blood sugar		time blood sugar	time blood sugar		time blood sugar	time blood sugar		time blood sugar	time blood sugar		time blood sugar	ketones, stress, feelings, general health
			I									
	before  time blood sugar  Bi  before  time	before insulin time blood sugar  Breakfa  before insulin	before insulin after time blood sugar  Breakfast  before insulin after time time time blood sugar	before insulin after before time blood sugar blood sug	before insulin after before insulin time blood sugar b	before insulin after time blood sugar time time time time time time time time	before insulin after before insulin after before time blood sugar	before insulin after time blood sugar bloo	before   insulin   after   before   insulin   after   before   insulin   after   time   blood   sugar   suga	Defore   Insulin   after   time   time   blood   blood   sugar   blood   sugar   time   blood   sugar   bloo	before   insulin   after   time   time	before   insulin   after   time   time   blood   sugar   blood   sugar   before   insulin   after   time   time   time   time   blood   sugar   sugar