

Gluco/Rx

Quality Diabetes Care

www.glucorx.co.uk

Home Monitoring Diary

For GlucoRx Blood Glucose
Monitoring Systems





**If this diary is lost,
please return to:**

Name:

.....

Address:

.....

.....

.....

.....

Post Code:

.....

Telephone:

.....

E-Mail:

.....

Useful Numbers

GP Surgery:

Diabetic Centre:

Hospital:

Pharmacy:

Others:

.....

.....

.....

GlucoRx Customer Care Line:

01483 755133

Checklist

- ✓ Always take your tablets and / or insulin
- ✓ Test your blood glucose regularly
- ✓ See your Doctor regularly to check your diabetes and general health
- ✓ Have your eyes tested
- ✓ Eat a healthy diet
- ✓ Don't smoke
- ✓ Keep to sensible amounts of alcohol
- ✓ Keep fit
- ✓ Watch your weight
- ✓ Check your feet regularly
- ✓ Carry diabetic identification
- ✓ Inform your motor insurance company and the DVLA if you take insulin

Home Monitoring Diary

Managing your diabetes

You may find this diary useful for monitoring your daily blood glucose level, making the right adjustments to your insulin doses and keeping a record of any appointments with your diabetes nurse or doctor.

Measuring your blood glucose level

Your diabetes nurse or doctor will teach you how to measure your blood glucose level. A level of 4 - 7 mmol/L (millimoles of glucose per litre of blood) before meals shows very good blood glucose control. If your results are too high (more than 10 mmol/L) or too low (4 mmol/L or less) on a regular basis, your diabetes nurse or doctor will help to review your tablet or insulin doses.



Additional measurement of blood glucose control - HbA1c

An average measure of your blood glucose level over 2-3 months gives an indication of how good your blood glucose control is. This average measurement is called HbA1c (also called glycosylated Haemoglobin). Your diabetes nurse or doctor will measure your HbA1c at your regular check-ups by taking a blood test.

Poorly controlled diabetes can over time result in eye, foot, kidney and heart problems. However, medical studies have shown that good blood glucose control can help reduce the risk of developing these problems.

Things to Remember

- ➡ Test your blood glucose level at least ____ a day
- ➡ Test at different times on different days, e.g. before meals or before bed
- ➡ Always wash your hands before testing to help make sure the results are accurate
- ➡ If you feel unwell, test more often

Your Information

Contact Details

Your Name:

Address:

Telephone no:

Mobile:

Emergency Contact

Name:

Relationship to you:

Address:

Telephone no:

Mobile:

GP/Practice Nurse

Name:

Contact no:

Diabetes Nurse Specialist / Dietician

Name:

Contact no:

Hospital Doctor

Name:

Contact no:

Treatment Information

Insulin type (breakfast):

Insulin type (lunch):

Insulin type (evening meal):

Insulin type (bedtime):

Diabetes Tablets:

Dose:

Diabetes Tablets:

Dose:

Other Medication:

Dose:

Other Medication:

Dose:

Other Medication:

Dose:

Other Medication:

Dose:

Other Medication:

Dose:

Treatment Targets

Blood glucose level: before meals

Blood glucose level: 2 hours after meals

HbA1c level:

Blood pressure:

Weight:

Cholesterol/lipids:

Other:

Example Chart

Insulin type and injection time					Blood glucose			
Date	7.30am NovoMix 30 FlexPen		6.00pm NovoMix 30 FlexPen		Before breakfast	2 hours after breakfast	Before midday meal	2 hours after
July 2014								
1st	28 Units		20 Units		5	8		
4th					5		6	
7th					6	8		
9th					5	8		
11th							5	
14th								
17th								
19th								

Example Chart

Record any changes in your dose of insulin (units).

Your GP or Diabetic clinic will advise you which times to test your blood glucose.

However you may test your blood glucose whenever you feel it is necessary

F
y
L
a

My target pre-meal blood glucose range (mmol/l):

My target post-meal blood glucose range (mmol/l):

glucose level (mmol/l)						Key events/Notes
2 hours after midday meal	Before evening meal	2 hours after evening meal	Before bed	During night		
5		7				
5	6					
4		6				
5		7				
		4.5				Went to gym after work
						Kev's 21st Birthday

Example Chart

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Following the advice from your GP or clinic you may use your test results to adjust your dose of insulin.

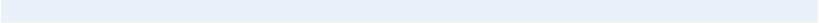
You can record in this end column any 'hypos', illness or changes in eating or exercise patterns which may affect your test results.

Use this space to record any special events, e.g. party, sporting activity, celebration meal.

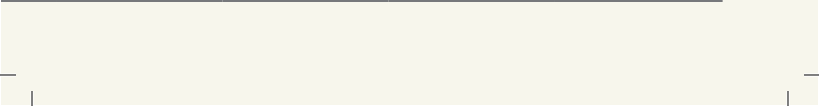
Check Up Records

Date			
HbA1c			
Blood Pressure			
Cholesterol/ Lipids			
Weight			
Waist Circumference			
Changes made to treatment			
Next Appointment			

Date			
HbA1c			
Blood Pressure			
Cholesterol/ Lipids			
Weight			
Waist Circumference			
Changes made to treatment			
Next Appointment			







Gluco/Rx

Quality Diabetes Care

High quality products without the cost

Gluco/Rx *Nexus*



One universal Nexus testing strip with advanced GDH-FAD enzyme technology.
Exceeds ISO 15197:2015 System Accuracy criteria.

Gluco/Rx
HCT

BLOOD GLUCOSE MONITORING SYSTEM



Gluco/Rx

HCT Connect

Integrated Multiparameter
Monitoring System



Multi-parameter meters specifically for people diagnosed with Type 1 diabetes, that utilise Haematocrit Correction Technology to provide a wider health check by measuring blood glucose, ketone and haematocrit.

Gluco/Rx

FinePoint[™]

Insulin Pen Needles



**FREE SAMPLES
AVAILABLE!**

4mm
32G Ultra

4mm
31G Ultra

5mm
31G Ultra

6mm
31G Ultra

8mm
31G Ultra

10mm
29G Ultra

12mm
29G Ultra

GlucoRx offers a **complete size range of insulin pen needles** at one competitive price. **Universal fit** on all insulin pens.

Gluco/Rx

Safetylancets[™]

PRESSURE ACTIVATED SAFETY LANCETS

Four colour-coded variants to suit every skin type...



23G
2.2mm

26G
1.8mm

394-8742

394-8759

28G
1.8mm

30G
1.6mm

394-8767

395-8063

Gluco/Rx

KetoRx Sticks 2GK



Reagent strips for Urinalysis - fast, convenient way to measure ketone level







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