Monitoring Chart: Diabetes Blood Sugar Diary

Patient Name		Date of Birth
First	Last	

WHEN TO USE THIS CHART: Use to track blood sugar readings and physical symptoms among people with diabetes. Share the results with the person's health care clinician.

INSTRUCTIONS: Complete the chart below each time you do a blood sugar check. Discuss symptoms with the person, using the images on page 2.

DATE	TIME	BLOOD SUGAR RESULT #	SYMPTOMS	ACTIONS TAKEN AND SIGNATURE

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Some symptoms of HIGH blood sugar:



Feeling thirsty



Going to the toilet a lot

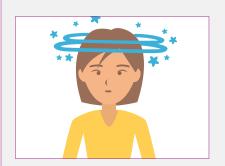


Stomach ache or nausea or 'fruity' smell on breath



Feeling tired

Some symptoms of LOW blood sugar:



Feeling shaky or dizzy



Feeling sweaty



Feeling very tired or grumpy

This document complements "Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines", published in Canadian Family Physician, Volume 64(4): April 2018, p254-279.

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