



Sure and Simple



One Smart Smart Duo

SELF-TEST LOG BOOK

For recording

- Blood glucose test results
- Insulin and medication doses
- Notes



Name

Phone number

Address

City, County, Post Code

Doctor and GP practice

Emergency Contact (Name and contact details)

Medication

Insulin

Diabetes tablets

Other medication

Target blood glucose ranges

AC (Pre meal) blood glucose range

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PC (Post meal) Blood glucose range

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Target range for blood glucose

Date	Insulin injection time type and units		Blood glucose reading			
			AC - Before breakfast	PC - 2 hours after breakfast	AC - Before Lunch	PC - 2 hours after lunch
1/01/2018	7am - 26 units	6pm - 18 units	4.8	7.5		5

This self-test log book provides space for recording your daily blood glucose testing results and medication. Keeping track of your blood glucose results is important to help you stay in control of your diabetes. Accurate records can help you and your doctor make the best decisions about your treatment plan.

Note: Please remember to bring this log book with you to every doctors appointment doctor.

Blood glucose reading				β -Ketone reading and Time	Additional comments/Notes
AC - Before Dinner	PC - 2 hours after dinner	Before Bed	During the night		
	6.8				Example



The SURE logo features a red square icon with a white stylized 'S' and 'U' inside, followed by the word 'SURE' in a large, bold, blue, sans-serif font with a 'TM' trademark symbol.

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