

Diabetes Education Diary

WRB Pediatric subspecialty clinic



WRB Pediatric Diabetes Education Diary

Keeping records helps us see the big picture and narrow down the causes for high or low blood sugars. Post meal readings are two hours after the start of the meal. They may be done for one meal or varied meals during the evaluation. The 2am check is helpful when we've made insulin changes.

Name:

DOB:

DATE:

Basal Insulin Dose (pump basal or Lantus):

Insulin to Carb Ratio (Novolog):

Correction Factor (Novolog):

Correction Blood Glucose Goal:

Comments:

Fax to 301-319-2420, Attn: Traci Carter MA RN CDE, Diabetes Nurse Educator, Tel: 301-295-5068 or email traci.m.carter.civ@mail.mil

EXAMPLE ONLY: Turkey Sandwich=30 gms

Apple (small)=13 gms

Milk 1 cup =12 gms

__ units correction + __ units carb bolus= __ mealtime dose

WRB Pediatric Diabetes Education Diary Name: DOB: 	DATE:	Pre-meal BG:	Post- breakfast BG:	Pre-meal BG:	Post-lunch BG:	Pre-meal BG:	Post-supper BG:	Snack or Bedtime BG:	2:00am BG:
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____	_____	_____

	Breakfast Time:	Lunch Time:	Supper Time:	Snack Time:	Activity
Monday Food portions and Carb gms Insulin Bolus +Correction=					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					