

re/pose

Pump Diary

Type 1 Diabetes: Less guesswork.
More freedom. Better health.





Name:

Address:

Hospital contact number(s):

DAFNE contact number(s):

HbA1c level at commencement of diary:

HbA1c level at completion of diary:

Personal goal:

Key to Diary

CP = Carbohydrate Portion **Bolus** = Insulin given with CP's or for corrections

BG = Blood Glucose **Basal** = Insulin to cover background insulin requirements

Guidelines for Bolus Insulin

Each individual has different insulin needs. You will learn to calculate your own requirements.

As a general starting guideline 1 unit insulin covers 1 CP. Most adults will require between $\frac{1}{2}$ - 2 units per CP, depending on the time of day.

Your personal calculated amount of insulin: CHO bolus ratio

Breakfast = units/CP

Lunch = units/CP

Evening Meal = units/CP

Other = units/CP

Corrections

1 unit of insulin can **LOWER** BG by 2-3 mmols

1 CP can **INCREASE** BG by 2-3 mmols

Your personal calculated correction factor:

1 unit of insulin lowers blood glucose levels by mmol/l

Blood Glucose Levels

Recommended Targets

Pre breakfast 5.5 - 7.5

Other meals 4.5 - 7.5

Pre bed 6.5 - 8.0

Your individual Targets

Pre breakfast

Other meals

Pre bed

Ready Reckoner Sick Day Rules

TDD	10%
15	1.5
20	2
25	3
30	3
35	4
40	4
45	5
50	5
55	6
60	6
65	7
70	7

TDD	20%
15	3
20	4
25	5
30	6
35	7
40	8
45	9
50	10
55	11
60	12
65	13
70	14

TDD = total daily dose of insulin

