



A TRUEinsight™ Guide



QuickChek™ Record Book

NIPRO
DIAGNOSTICS™





Personal details

Name:

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Address:

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City

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State:

Zip Code:

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Phone:

Cell:

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Diabetes medication details

Type:

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Dose:

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Time:

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Type:

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Dose:

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Time:

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Type:

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Dose:

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Time:

.....

My diabetes care team

Name:

Phone:

.....

Name:

Phone:

.....





Blood glucose monitoring and diabetes

Blood glucose monitoring is a critical component of every diabetes management plan. Regular self monitoring provides information about how your daily management plan is working to control your blood glucose levels. You and your healthcare professional can evaluate your glucose results to determine if adjustments need to be made in your diabetes management plan to help you achieve optimal glucose control.

How QuickChek™ can help you better understand your blood glucose results

The QuickChek™ Record Book is a tool to help you keep track of your blood glucose results. Using a simple “traffic light” concept using red, yellow and green colors, this tool will help you understand which results

are in target range and why results may not be in target range. The color-coded record book allows you to write down results in red columns which designate too high or low levels, in green columns when your glucose results are within target range and in the yellow columns when your glucose results may be a little higher than your target range. Once you have written down your results you can discover and make the connection about why the results may be out of your target range. Start using this tool, and take it with you to your next diabetes appointment. Review with your healthcare professional your results and findings about what you have learned while using this record book that has helped you to understand your diabetes plan better. Remember, the goal is to have as many results as possible within your target range ... you don't have to be perfect every time. Understanding why a result is outside of your target range allows you to put your knowledge to work the next time you are in a similar situation.

You need to monitor your blood glucose level regularly, but most importantly you need to understand and act upon the results.

How to use your QuickChek™ Record Book



monitor

Meet with your healthcare professional to discuss your diabetes management plan. Determine your blood glucose monitoring schedule and your personal target ranges. Write them in these charts.

My target blood glucose goals

	LOW	WITHIN RANGE	ABOVE RANGE	HIGH
BEFORE MEAL mg/dL				
AFTER MEAL mg/dL				

My testing schedule

Day of Week	Example of Testing Schedule	My Testing Schedule
Sunday	Before breakfast and dinner	
Monday	Before breakfast; two hours after lunch	
Tuesday	Before breakfast; two hours after lunch	
Wednesday	Before breakfast; two hours after lunch	
Thursday	Before breakfast; two hours after lunch	
Friday	Before breakfast; two hours after lunch	
Saturday	Before breakfast, lunch and dinner	



1. Make a check mark in one of the first two boxes to show whether you've tested before or after a meal.

Month:	BREAKFAST					MIDDAY MEAL					EVENING MEAL														
	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON	
MON	✓		88			✓		106			✓		160					✓		166					✓
TUE						✓					✓							✓							✓
WED	✓		95			✓					✓		202					✓							✓
THU						✓		101			✓							✓							✓
FRI	✓		90			✓					✓							✓							✓
SAT						✓					✓							✓							✓
SUN	✓		110			✓		110			✓							✓							✓
MON						✓					✓							✓							✓
TUE						✓					✓							✓							✓
WED	✓		97			✓					✓							✓							✓
THU						✓		58			✓							✓							✓
FRI	✓		117			✓					✓							✓							✓
SAT						✓					✓							✓							✓
SUN	✓		92			✓					✓							✓							✓
MON						✓					✓							✓							✓
TUE						✓					✓							✓							✓
WED	✓					✓					✓							✓							✓
THU						✓					✓							✓							✓
FRI	✓					✓					✓							✓							✓
SAT						✓					✓							✓							✓
SUN	✓					✓					✓							✓							✓

2. Record the result in the correct colored box. For example, a result within your normal range would be recorded in the green box.
3. If the result is not within your normal range, then record the appropriate code in the Reason box. For example, if you think your result is high because you are under stress, then put an "S" in the Reason box. Refer to the list on the next page for reason codes and some quick tips.

Reasons

A **Alcohol** – Never drink on an empty stomach as this can make your blood glucose level drop.

E **Exercise** – Exercise can make your blood glucose level rise or fall depending on the amount of insulin in your body. Test before exercise. If your blood glucose level is more than 240 mg/dL, then do not exercise. When you exercise, remember to test during and afterward.



F **Food** – Try to eat regular meals and snacks at about the same time every day to ensure your blood glucose level doesn't rise too high.



I **Illness** – Coughs, colds and upset stomachs can make your blood glucose level fluctuate. Even if you feel ill, you should continue to test regularly.

O **Other** – If there is another reason that you feel has affected your blood glucose level, then place an "O" in the Reason box and make a note in the margin.

S **Stress** – When you are under stress, your blood glucose level may sharply rise. Try to relax.



Example — a one-week review of Kelly's

In this example: Kelly has type 2 diabetes and is testing two times a day. In the morning she tests before meals, she alternates testing before or after meals during lunch and dinner, and before going to bed. Below are Kelly's target goals for before and after meals.

	LOW	WITHIN RANGE	ABOVE RANGE	HIGH
BEFORE MEAL mg/dL	below 70	70 _{to} 130	130 _{to} 240	above 240
AFTER MEAL mg/dL	below 70	70 _{to} 180	180 _{to} 240	above 240

Month: January		Reasons: A = Alcohol E = Exercise F = Food												
		BREAKFAST					MIDDAY MEAL							
	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON
week 1	MON	✓		88										
	TUE							✓			106			
	WED	✓		95										
	THU							✓				202		S
	FRI	✓		90										
	SAT							✓			101			
	SUN	✓		110										



Month: _____

Reasons: **A** = Alcohol **E** = Exercise **F** = Food

BREAKFAST

MIDDAY MEAL

BEFORE
MEAL
AFTER
MEAL

LOW NORMAL ABOVE
NORMAL HIGH

REASON

BEFORE
MEAL
AFTER
MEAL

LOW NORMAL ABOVE
NORMAL HIGH

REASON

MON
TUE
WED
THU
FRI
SAT
SUN

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TUE
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WED
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MON
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SUN

	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON
MON							
TUE							
WED							
THU							
FRI							
SAT							
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SAT							
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	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON
MON							
TUE							
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SUN							
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MONTHLY TOTALS

MONTHLY TOTALS

MONTHLY TOTALS: ADD UP THE TOTAL NUMBER OF TESTS IN EACH COLUMN





I = Illness O = Other S = Stress T = Treatment Change ? = Not Sure

EVENING MEAL						BEDTIME					
BEFORE MEAL	AFTER MEAL	REASON			REASON	BEFORE BED	AT NIGHT	REASON			REASON
		LOW	NORMAL	ABOVE NORMAL				LOW	NORMAL	ABOVE NORMAL	

												MON
												TUE
												WED
												THU
												FRI
												SAT
												SUN

												MON
												TUE
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												SUN

MONTHLY TOTALS												
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MONTHLY TOTALS												
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AND THEN REFER TO THE "MANAGE" SECTION





Month: _____

Reasons: **A** = Alcohol **E** = Exercise **F** = Food

BREAKFAST

MIDDAY MEAL

BEFORE
MEAL
AFTER
MEAL

LOW NORMAL ABOVE
NORMAL HIGH

REASON

BEFORE
MEAL
AFTER
MEAL

LOW NORMAL ABOVE
NORMAL HIGH

REASON

MON						
TUE						
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EVENING MEAL						BEDTIME					
BEFORE MEAL	AFTER MEAL	REASON				BEFORE BED	AT NIGHT	REASON			
		LOW	NORMAL	ABOVE NORMAL	HIGH			LOW	NORMAL	ABOVE NORMAL	HIGH

												MON
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MONTHLY TOTALS						
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MONTHLY TOTALS						
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AND THEN REFER TO THE "MANAGE" SECTION





Month: _____

Reasons: **A** = Alcohol **E** = Exercise **F** = Food

BREAKFAST

MIDDAY MEAL

BEFORE
MEAL
AFTER
MEAL

LOW NORMAL ABOVE
NORMAL HIGH

REASON

BEFORE
MEAL
AFTER
MEAL

LOW NORMAL ABOVE
NORMAL HIGH

REASON

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BEFORE MEAL	AFTER MEAL	REASON			REASON	BEFORE BED	AT NIGHT	REASON			REASON
		LOW	NORMAL	ABOVE NORMAL				HIGH	LOW	NORMAL	

												MON
												TUE
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MONTHLY TOTALS												
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MONTHLY TOTALS												
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AND THEN REFER TO THE "MANAGE" SECTION






Extraordinary service – every day of every year

Our Commitment to You ...

At Nipro Diagnostics, Inc., we focus all of our energy on helping people with diabetes live healthy, active lives. This extraordinary commitment gives us an intimate understanding of our customers' needs, so when it comes to customer education and support we not only meet your expectations – we aim to exceed them.

Technical Support ...



Our customer care team is available 24/7 to assist you with using your blood glucose monitor from Nipro Diagnostics. This knowledgeable team will help you troubleshoot your monitor and provide you with step-by-step instructions to confidently use your monitor. Team members speak multiple languages (English, Spanish, French, etc.) to meet every one of our customer's needs.

Phone: 1-800-342-7226

E-mail: customercare@niprodiagnostics.com

Additional Educational Materials ...

Please visit our Web site, www.niprodiagnostics.com, to preview additional educational materials to help you better manage your diabetes.

Nipro Diagnostics, Inc.
www.niprodiagnostics.com

Information contained in this brochure was sourced through: American Diabetes Association, Resource Guide 2008; Diabetes Forecast, January 2008, pg. RG 11-14. American Diabetes Association Standards of Medical Care in Diabetes, Diabetes Care, January 2008, pgs. S2-S54. Life With Diabetes: A Series of Teaching Outlines, 2nd edition by the Michigan Diabetes Research and Training Center; lead authors Martha M. Funnell, M.S., R.N., C.D.E.; Marilyn S. Arnold, M.S., R.D., C.D.E.; Patricia A. Barr, B.S.; Andrea Lasichak, M.S., R.D., C.D.E.; 2000 by American Diabetes Association.

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