

Self-Monitoring Record

Endocrinology & Diabetes

Phone: 402-955-3871, Fax: 402-955-8738

Email: diabetes@childrensnebraska.org

Message through Children's Connect



Rev. 11/2020

Patient Name _____
Birthdate: _____

Using this **Self-Monitoring Record** will help you and your provider better understand what affects your blood sugar and how to address it. Having a completed record will also speed up the process of getting this information to our clinic since a picture taken of it can be emailed or sent through Children's Connect.

Tips for Using the Record:

- 1) Write your blood sugar in the column that matches the hour you took it.
- 2) Include all blood sugars that are of interest including when you get low, during exercise or when you are stressed.
- 3) Add grams of carbohydrate eaten and number of units of insulin taken in the column that matches up with the hour.
- 4) Note level of ketones (tr, sm, mod, lrg) in the column that matches the hour.
- 5) Add any notes about things that are important.

IMPORTANT!

- Always call the office if
 - You have moderate or large ketones
 - You are vomiting or unable to eat

This includes weekends, nights and holidays

- If the patient has a severe low blood sugar
GIVE GLUCAGON - CALL 911 IF PATIENT IS NOT
RESPONSIVE WITHIN 15 MINUTES AFTER GLUCAGON
Contact the clinic **after** the situation has resolved to
report the event
- Calls during business hours will be returned in the
order they are received
- For medication refills, contact your pharmacy

Go to www.childrensnebraska.org for information on
diabetes topics such as sick day management and ketones.

Select *Specialty Clinics* and then *Endocrinology & Diabetes*

Patient Education: Diabetes

Learn about caring for your
child with diabetes.

[Read More](#)

You can often get the answer to your questions right away!

Current Doses:

Day/Date	12A	3A		6A	7A	8A	9A	10A	11A	12P	1P	2P	3P	4P	5P	6P	7P	8P	9P	10P	11P	
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