



A TRUEinsight™ Guide



Take Charge of Your Life With QuickChek™

Better Understand Your Blood Glucose Results

NIPRO
DIAGNOSTICS™

How to use your QuickChek™ Record Book

Monitor • Track • Manage

Blood glucose monitoring only has value if the results are understood and necessary action is taken. Nipro Diagnostics, Inc. brings you a simple, easy-to-use tool that will allow you to monitor your blood glucose, track results, identify trends and use this information to better manage and achieve your blood glucose goals. This tool uses the “traffic light system” to help you understand your blood glucose results and easily decide when you need to discuss possible treatment changes with your healthcare professional.

To get started, schedule a visit with your diabetes healthcare professional to discuss and agree on your goals for managing your diabetes. Knowledge is power, and your diabetes healthcare professional can help you learn about your diabetes and the choices you can make to stay healthy.

Step 1 – Monitor

Agree with your healthcare professional on your blood glucose targets (example below).

	LOW	NORMAL	ABOVE NORMAL	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

Agree with your healthcare professional on your test schedule (example below).

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	

Month:							Reasons: A = Alcohol E = Exercise F = Food							I = Illness O = Other S = Stress T = Treatment changes ? = Not Sure													
BREAKFAST							MIDDAY MEAL							EVENING MEAL							BEDTIME						
BEFORE MEAL	AFTER MEAL	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	BEFORE ATWIGHT	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON
MON	✓		88												✓			160									MON
TUE							✓			106						✓			110								TUE
WED	✓		95												✓			166									WED
THU							✓				202					✓			117								THU
FRI	✓		90												✓			146									FRI
SAT							✓			101						✓								124			SAT
SUN	✓		110												✓				311 F								SUN
MON										110						✓								115			MON
TUE	✓		97												✓				320 F								TUE
WED							✓				166					✓			106								WED
THU	✓		117												✓			176									THU
FRI							✓			58			E			✓								124			FRI
SAT			92												✓			157									SAT
SUN	✓						✓				137					✓								104			SUN

Consider the following:

- | | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------------|-----|-----|-----|-----|-----|-----|-----|
| MON | | | | | | | |
| TUE | | | | | | | |
| WED | ✓ | | 98 | | | | |
| THU | | | | | | | |
| FRI | | | | | | | |
| SAT | ✓ | | 202 | | | | |
| SUN | | | | | | | 311 |
| MONTHLY TOTALS | 1 | 3 | 6 | 1 | 1 | 1 | 1 |
- MONTHLY TOTALS: ADD UP THE TOTAL NUMBER OF TESTS IN EACH COLUMN

AND THEN REFER TO THE "MANAGE" SECTION

Bill has just had his 61st birthday and lives with his wife Pat, to whom he has been married for over 35 years. Bill was diagnosed with type 2 diabetes ten years ago.



Lifestyle

Bill has an active lifestyle working full time for local government in the planning department and is actively involved at the local tennis club.

Medications

On metformin and sulphonylurea, and doesn't like injections.

Blood Glucose Targets

Bill aims to test twice a day, and these are the blood glucose targets he has identified with his healthcare professional.

Results

- » Nearing maximum oral therapy
- » HbA1c 7.4%
- » BMI 25
- » Full lipid profile is normal
- » Normotensive

	LOW	NORMAL	ABOVE NORMAL	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

QuickChek™ Record Book

Bill records all his results in his QuickChek™ Record Book, and the last four weeks' results reveal frequently elevated glucose levels in the afternoon. These results were used by Bill's diabetes professional at a recent appointment to discuss what could be the cause.

Month:		Reasons: A = Alcohol E = Exercise F = Food												I = Illness O = Other S = Stress T = Treatment changes ? = Not Sure																	
		BREAKFAST				MIDDAY MEAL				EVENING MEAL				BEDTIME																	
	BEFORE MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON		BEFORE MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON		BEFORE MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON		BEFORE MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON				
MON	✓		88				✓			106					✓				160				✓				110			MON	
TUE							✓								✓				166				✓				117			TUE	
WED	✓		95				✓				202				✓							✓								WED	
THU							✓								✓				146				✓				124			THU	
FRI	✓		90				✓			101					✓							✓								FRI	
SAT							✓								✓					311 F			✓							SAT	
SUN	✓		110				✓								✓							✓								SUN	
MON							✓				110				✓					320 F			✓				115			MON	
TUE	✓		97				✓				166				✓				176				✓				106			TUE	
WED							✓								✓							✓				124			WED		
THU	✓		117				✓		58				E		✓				157				✓				104			THU	
FRI							✓								✓							✓								FRI	
SAT	✓		92				✓				137				✓							✓								SAT	
SUN							✓								✓							✓								SUN	
MON	✓		110				✓				160				✓				106				✓				88			MON	
TUE							✓								✓				202				✓				95			TUE	
WED	✓		117				✓				166				✓							✓								WED	
THU							✓								✓				101				✓				90			THU	
FRI	✓		124				✓				146				✓					110			✓								FRI
SAT							✓								✓							✓								SAT	
SUN	✓		115				✓								✓							✓								SUN	
MON							✓								✓					166			✓				110			MON	
TUE	✓		106				✓								✓							✓				97				TUE	
WED							✓								✓				58				✓				117			WED	
THU	✓		124				✓				176				✓								✓								THU
FRI							✓								✓				138				✓				92			FRI	
SAT	✓		104				✓			157					✓							✓								SAT	
SUN							✓								✓							✓								SUN	
MONTHLY TOTALS		0	14	0	0		MONTHLY TOTALS		1	4	7	2			MONTHLY TOTALS		1	4	7	2			MONTHLY TOTALS		0	14	0	0			

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

AND THEN REFER TO THE "MANAGEMENT" SECTION ON THE INSIDE COVER

Medical Appointment Review

The "traffic light" colors used in the QuickChek™ Record Book make it fast and easy for Bill and his diabetes professional to see patterns in his blood glucose results. Since Bill is already on a maximum dosage of diabetes pills, his healthcare professional may discuss the possibility of using insulin injections to help him achieve his target goals. Bill and his diabetes professional review his QuickChek™ Record Book, and note that many of his results around lunch and dinner are in the "above normal" and "high" ranges. They use this information to determine what changes need to be made to Bill's treatment plan to get his blood glucose levels in better control.

Sara has had diabetes for seven years after being diagnosed at 17 years old. Sara has just finished college and secured her first teaching position at an area middle school.



Lifestyle

Sara enjoys her single lifestyle with a broad group of friends and family, but quickly noticed that teaching regular hours and a sedentary working day has meant she is less active.

Medications

Insulin injections
Oral contraceptive

Blood Glucose Targets

Sara tests three to four times a day with the aim of achieving results within the normal range agreed upon with her doctor.

Results

- » HbA1c 9.1%
- » BMI 21
- » Full lipid profile is normal
- » Normotensive

	LOW	NORMAL	ABOVE NORMAL	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

Other available TRUEinsight™ Guides

To find out more
about the series of free
diabetes information
brochures from Nipro
Diagnostics, call
1.800.342.7226.

American Association of Diabetes Educators

800-TEAM-UP-4
www.aadenet.org

American Diabetes Association

800-342-2383
www.diabetes.org

National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse

800-860-8747
www.niddk.nih.gov

Juvenile Diabetes Research Foundation International

1-800-533-2873
www.jdrf.org

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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 the American Diabetes Association.

