



**University Hospitals Birmingham**  
NHS Foundation Trust



## **Blood glucose, carbohydrate and insulin record**

**Building healthier lives**

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[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## Your insulin

Quick acting / bolus .....

Background / basal .....

## Your Insulin to Carbohydrate Ratio (ICR)

Morning .....

Afternoon .....

Evening .....

Snacks .....

## Your Insulin Sensitivity Factor (ISF)

.....

## Your target blood glucose levels

Before breakfast .....

Before other meals .....

Before bed .....

## Blood glucose, carbohydrate and insulin record

As you first start to practise carbohydrate (CHO) counting, writing down the meals you eat and calculating the amount of carbohydrate in each food can help you become more accurate in your estimation of carbohydrate content and calculation of the amount of insulin you require.

Even once you feel confident at carbohydrate counting it may still be useful to record your CHO intake and your actions. This is particularly useful if you are planning on making changes to your diet and/or lifestyle.

For example, key points to test your glucose around exercise are;

**Before:** two readings taken 10 mins apart; the second reading gives the direction in which your glucose levels are moving

**During:** check glucose levels every 30 mins during exercise if possible

**After:** check on finishing, one hour later and six hours later (or before bed)

You may have been advised to test your glucose levels at different times; always follow any specific advice provided by your Diabetes team.

## Glossary:

BG                    blood glucose

CHO                   carbohydrate

## Level of activity / intensity (Borg Scale)

0-6                    rest – no exertion

7-11                   extremely easy – very easy – light exertion

12-14                   light exertion – moderate exertion

15-17                   exhausting (can continue)

18-19                   very exhausting (can continue with effort)

20                        maximal exhaustion (unable to continue)

Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |



Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |



Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |





Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |



Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |



Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |



Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |





Background/Basal insulin dose given .....(am) .....(pm)

|  |  |  |
|--|--|--|
| Day and date   |  |  |
| Time   |  |  |
| BG   |  |  |
| CHO consumed   |  |  |
| Total CHO  |  |  |
| Insulin for food                                       |  |  |
| Insulin to correct                                     |  |  |
| Comments e.g : Activity level, duration & action taken |  |  |



## For further information/advice contact

Diabetes Specialist Dietitian:

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Diabetes Specialist Nurse:

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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

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