

Diary for monitoring your diabetes

If you have pancreatic cancer and diabetes, it can be tricky to deal with symptoms and to work out what is causing them. You can use this diary to keep a record to help you and your diabetes team monitor your diabetes. You might want to print or save copies of this diary.

Diary for monitoring diabetes

Time of day	Food and drinks you have had	Enzymes (PERT)	Blood sugar level reading	Diabetes treatment	Exercise	Symptoms
Example of how to use the diary	<i>2 slices of toast with butter and jam</i>	<i>3 x 25,000 creon</i>	<i>Include blood sugar level if you check this</i>	<i>Include diabetes medicine if you take it</i>	<i>15 minute walk round the garden</i>	<i>No symptoms after eating</i>
Before breakfast						
Breakfast						
Two hours after breakfast						
Before lunch						

Time of day	Food and drinks you have had	Enzymes (PERT)	Blood sugar level reading	Diabetes treatment	Exercise	Symptoms
Lunch						
2 hours after lunch						
Before dinner						
Dinner						
Before bed						