

Diary for monitoring 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.

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

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