



A TRUEinsight™ Guide



# QuickChek™ Record Book

**NIPRO**  
DIAGNOSTICS.

## Personal details

Name:

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Address:

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City

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State:

Zip Code:

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Phone:

Cell:

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## Diabetes medication details

Type:

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Dose:

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Time:

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Type:

---

Dose:

---

Time:

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Type:

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Dose:

---

Time:

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## My diabetes care team

Name:

Phone:

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Name:

Phone:

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## Blood glucose monitoring and diabetes

Blood glucose monitoring is a critical component of every diabetes management plan. Regular self monitoring provides information about how your daily management plan is working to control your blood glucose levels. You and your healthcare professional can evaluate your glucose results to determine if adjustments need to be made in your diabetes management plan to help you achieve optimal glucose control.

### How QuickChek™ can help you better understand your blood glucose results

The QuickChek™ Record Book is a tool to help you keep track of your blood glucose results. Using a simple “traffic light” concept using red, yellow and green colors, this tool will help you understand which results

are in target range and why results may not be in target range. The color-coded record book allows you to write down results in red columns which designate too high or low levels, in green columns when your glucose results are within target range and in the yellow columns when your glucose results may be a little higher than your target range. Once you have written down your results you can discover and make the connection about why the results may be out of your target range. Start using this tool, and take it with you to your next diabetes appointment. Review with your healthcare professional your results and findings about what you have learned while using this record book that has helped you to understand your diabetes plan better. Remember, the goal is to have as many results as possible within your target range ... you don't have to be perfect every time. Understanding why a result is outside of your target range allows you to put your knowledge to work the next time you are in a similar situation.

You need to monitor your blood glucose level regularly, but most importantly you need to understand and act upon the results.

# How to use your QuickChek™ Record Book



monitor

Meet with your healthcare professional to discuss your diabetes management plan. Determine your blood glucose monitoring schedule and your personal target ranges. Write them in these charts.

## My target blood glucose goals

	LOW	WITHIN RANGE	ABOVE RANGE	HIGH
BEFORE MEAL mg/dL				
AFTER MEAL mg/dL				

## My testing schedule

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	



1. Make a check mark in one of the first two boxes to show whether you've tested before or after a meal.

Month:	BREAKFAST				MIDDAY MEAL				EVENING MEAL					
	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON	BEFORE MEAL	AFTER MEAL	LOW	NORMAL	ABOVE NORMAL	HIGH	REASON
MON	✓			88				✓				160		
TUE				95				✓				166		
WED	✓			90				✓				146		
THU	✓			110				✓				311	A	
FRI	✓							✓				320	F	
SAT	✓							✓				176		
SUN	✓							✓				157		
MON				97				✓				166		S
TUE				117				✓				58		E
WED				92				✓				128		

2. Record the result in the correct colored box. For example, a result within your normal range would be recorded in the green box.
3. If the result is not within your normal range, then record the appropriate code in the Reason box. For example, if you think your result is high because you are under stress, then put an "S" in the Reason box. Refer to the list on the next page for reason codes and some quick tips.

# Reasons

**A** **Alcohol** – Never drink on an empty stomach as this can make your blood glucose level drop.



**E** **Exercise** – Exercise can make your blood glucose level rise or fall depending on the amount of insulin in your body. Test before exercise. If your blood glucose level is more than 240 mg/dL, then do not exercise. When you exercise, remember to test during and afterward.

**F** **Food** – Try to eat regular meals and snacks at about the same time every day to ensure your blood glucose level doesn't rise too high.



**I** **Illness** – Coughs, colds and upset stomachs can make your blood glucose level fluctuate. Even if you feel ill, you should continue to test regularly.

**O** **Other** – If there is another reason that you feel has affected your blood glucose level, then place an "O" in the Reason box and make a note in the margin.

**S** **Stress** – When you are under stress, your blood glucose level may sharply rise. Try to relax.





**Treatment Change** – If you have changed your medications or have changed your treatment plan, then your blood glucose level may take a while to settle down. More frequent testing will help you see the effect on your levels.



**Not Sure** – If you just can't determine the reason why your blood glucose level is not within your normal range, then place a "?" in the Reason box. When you see your diabetes healthcare professional, you can work together to understand why.



## manage

At the end of the month, add up the number of results in each column, and write the total at the bottom of each column. Consider the following:

1. How many results are outside your target range?
2. Can you see a pattern of high or low results at any particular time of day?
3. Is there a reason for these results?
4. Can you do anything to get all your results into your target range?
5. Do you need to seek advice from your diabetes healthcare professional about possible treatment changes?

MON											
TUE											
WED	✓		98								
THU											
FRI											
SAT	✓		202								
SUN											
MONTHLY TOTALS		1	3	6	1	MONTHLY TOTALS		1	-	-	1

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

MON	✓	✓			202						
TUE					114					160	
WED	✓				117					146	
THU											
FRI	✓	68								120	
SAT	✓				97						
SUN											
MONTHLY TOTALS		3	20	4	1	MONTHLY TOTALS		2	7	5	1

AND THEN REFER TO THE "MANAGE" SECTION





Month:

Reasons: **A** = Alcohol **E** = Exercise **F** = Food

## BREAKFAST

## MIDDAY MEAL

BEFORE  
MEAL  
AFTER  
MEAL

LOW

NORMAL

ABOVE  
NORMAL

HIGH

REASON

BEFORE  
MEAL  
AFTER  
MEAL

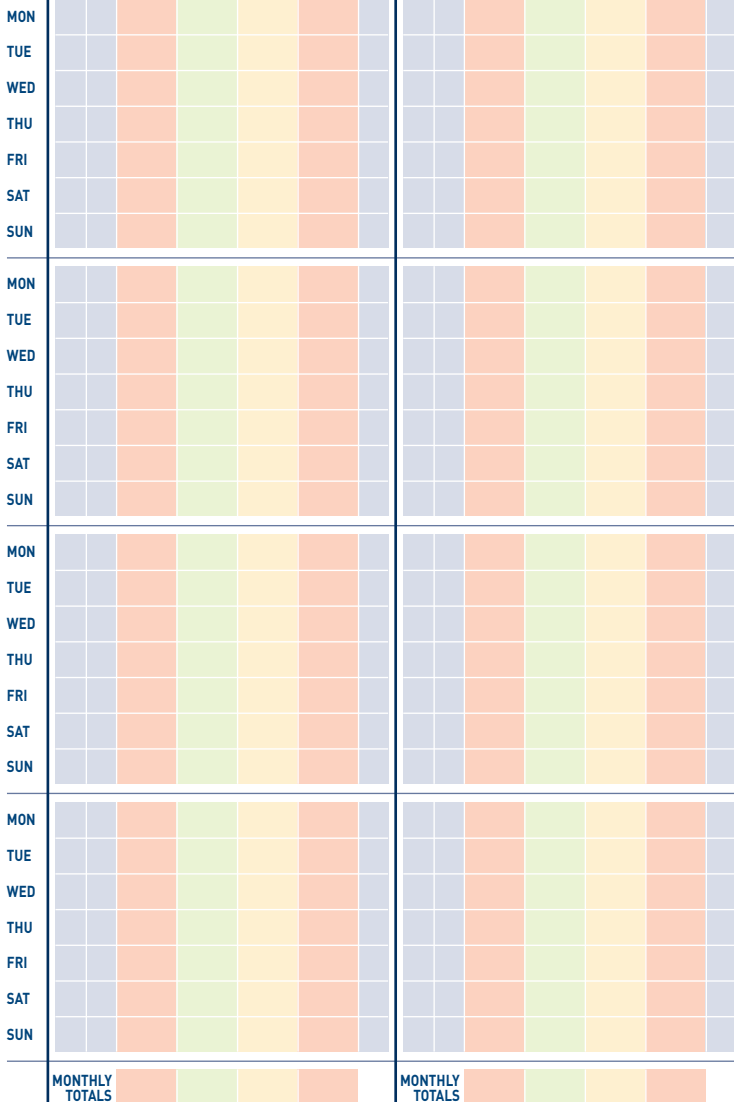
LOW

NORMAL

ABOVE  
NORMAL

HIGH

REASON

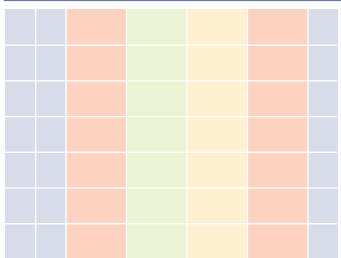
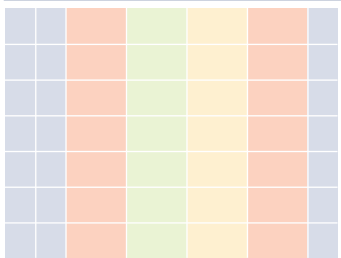
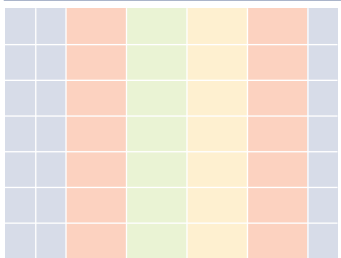
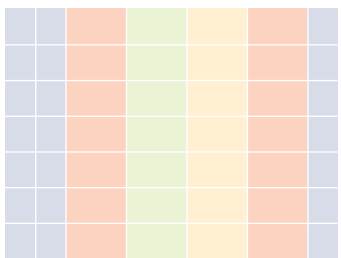


**MONTHLY TOTALS:** ADD UP THE TOTAL NUMBER OF TESTS IN EACH COLUMN

I = Illness O = Other S = Stress T = Treatment Change ? = Not Sure

### EVENING MEAL

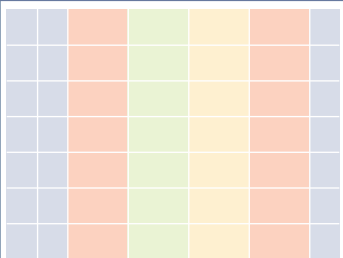
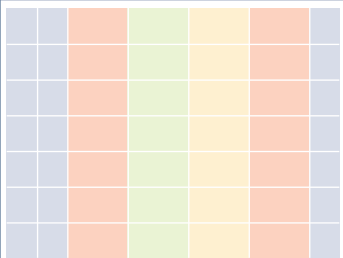
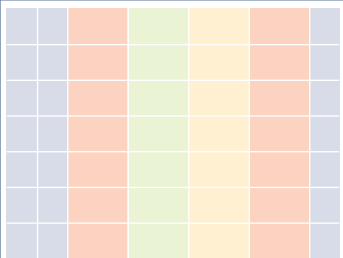
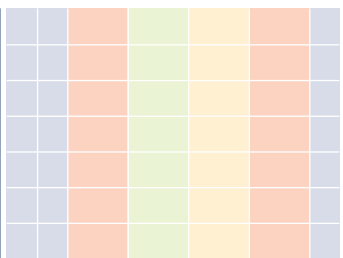
BEFORE MEAL AFTER MEAL LOW NORMAL ABOVE NORMAL HIGH REASON



MONTHLY TOTALS

### BEDTIME

BEFORE BED AT NIGHT LOW NORMAL ABOVE NORMAL HIGH REASON



MONTHLY TOTALS

AND THEN REFER TO THE "MANAGE" SECTION

Month:

Reasons: **A** = Alcohol **E** = Exercise **F** = Food

## BREAKFAST

## MIDDAY MEAL

BEFORE  
MEAL  
AFTER  
MEAL

LOW

NORMAL

ABOVE  
NORMAL

HIGH

REASON

BEFORE  
MEAL  
AFTER  
MEAL

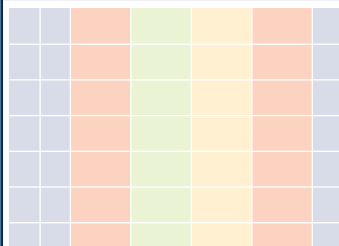
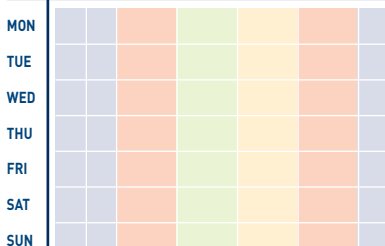
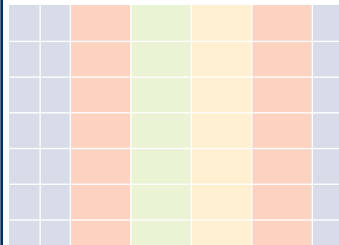
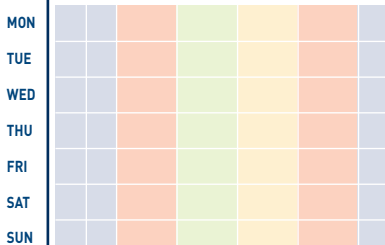
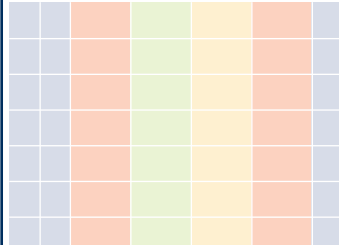
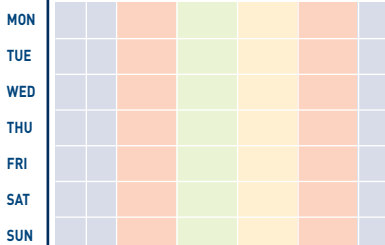
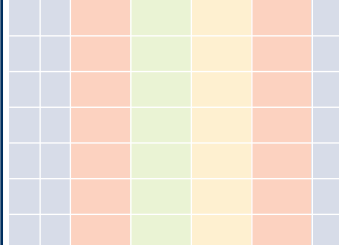
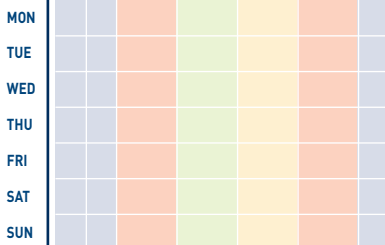
LOW

NORMAL

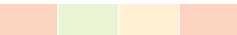
ABOVE  
NORMAL

HIGH

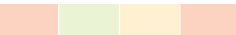
REASON



MONTHLY  
TOTALS



MONTHLY  
TOTALS



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

I = Illness O = Other S = Stress T = Treatment Change ? = Not Sure

### EVENING MEAL

BEFORE MEAL AFTER MEAL

LOW

NORMAL

ABOVE NORMAL

HIGH

REASON

### BEDTIME

BEFORE BED AT NIGHT

LOW

NORMAL

ABOVE NORMAL

HIGH

REASON



MON  
TUE  
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SUN



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SUN

MONTHLY TOTALS

MONTHLY TOTALS

AND THEN REFER TO THE "MANAGE" SECTION

Month:

Reasons: **A** = Alcohol **E** = Exercise **F** = Food

## BREAKFAST

## MIDDAY MEAL

BEFORE  
MEAL  
AFTER  
MEAL

LOW

NORMAL

ABOVE  
NORMAL

HIGH

REASON

BEFORE  
MEAL  
AFTER  
MEAL

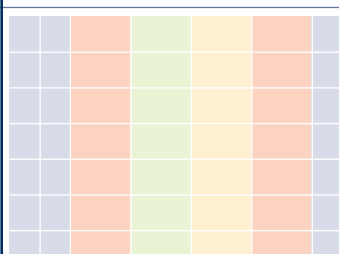
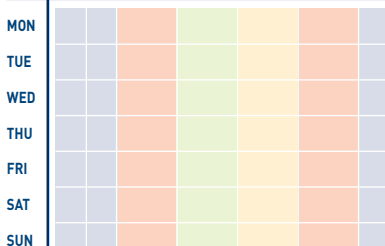
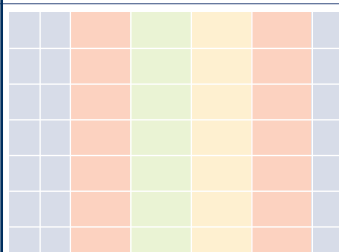
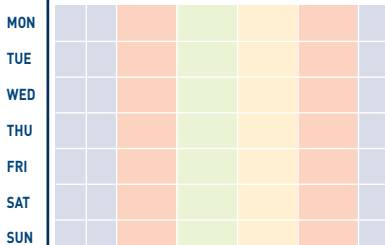
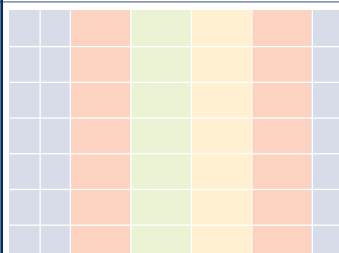
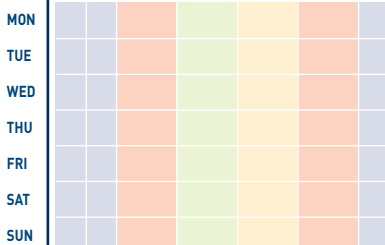
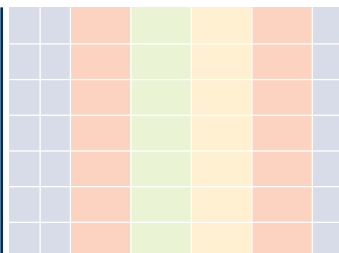
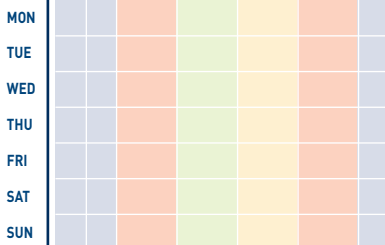
LOW

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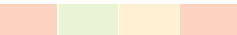
ABOVE  
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HIGH

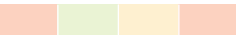
REASON



MONTHLY  
TOTALS



MONTHLY  
TOTALS



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

I = Illness O = Other S = Stress T = Treatment Change ? = Not Sure

### EVENING MEAL

BEFORE MEAL AFTER MEAL

LOW

NORMAL

ABOVE NORMAL

HIGH

REASON

### BEDTIME

BEFORE BED AT NIGHT

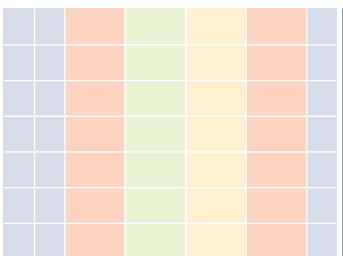
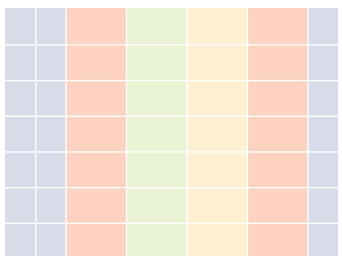
LOW

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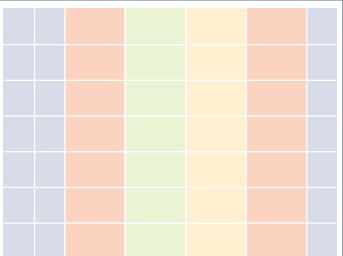
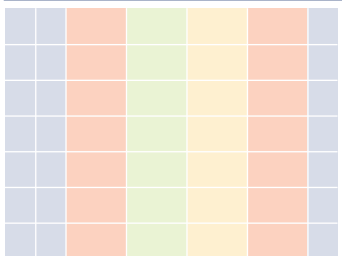
ABOVE NORMAL

HIGH

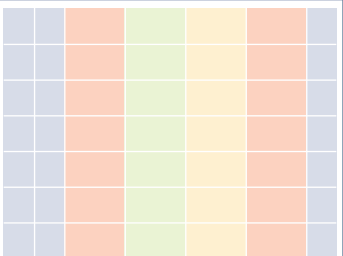
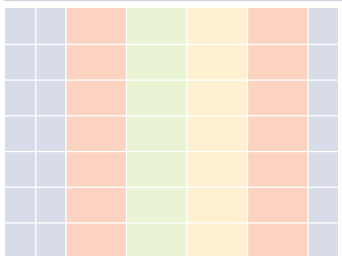
REASON



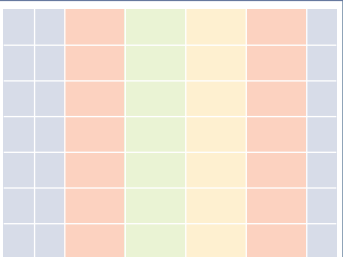
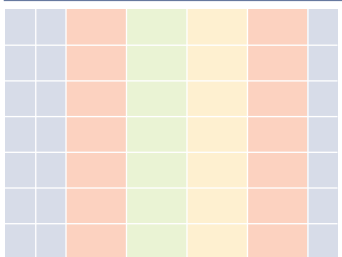
MON  
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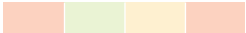


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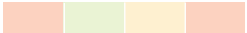


MON  
TUE  
WED  
THU  
FRI  
SAT  
SUN

MONTHLY TOTALS



MONTHLY TOTALS



AND THEN REFER TO THE "MANAGE" SECTION

# Extraordinary service – every day of every year

## Our Commitment to You ...

At Nipro Diagnostics, Inc., we focus all of our energy on helping people with diabetes live healthy, active lives. This extraordinary commitment gives us an intimate understanding of our customers' needs, so when it comes to customer education and support we not only meet your expectations – we aim to exceed them.

## Technical Support ...

Our customer care team is available 24/7 to assist you with using your blood glucose monitor from Nipro Diagnostics. This knowledgeable team will help you troubleshoot your monitor and provide you with step-by-step instructions to confidently use your monitor. Team members speak multiple languages (English, Spanish, French, etc.) to meet every one of our customer's needs.

**Phone: 1-800-342-7226**

**E-mail: [customercare@niprodiagnostics.com](mailto:customercare@niprodiagnostics.com)**

## Additional Educational Materials ...

Please visit our Web site, [www.niprodiagnostics.com](http://www.niprodiagnostics.com), to preview additional educational materials to help you better manage your diabetes.

## **Nipro Diagnostics, Inc.** **[www.niprodiagnostics.com](http://www.niprodiagnostics.com)**

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 American Diabetes Association.