

## **Transcript: *how to record blood glucose levels in a diabetes log book***

“And why would it be important, Megan, for you to be writing, keeping a log book of Molly’s levels.”

“So we can keep track of how much insulin she needs to have. So we test before breakfast, lunch and dinner, and then we determine from what the reading is how much insulin to give her, and the type of insulin. So she is on four different types, and that enables us to just see how she’s tracking throughout the day and then throughout the week and what activities she’s also been doing as that does have an effect on her blood glucose levels.”

“Yeah and it’s really important that we keep up with the right amount of insulin for your body because you’re growing every day “

“Yeah”

“And so the amount of insulin that you’re going to need every day is going to be different. It’s not going to stay the same and that’s why it’s really important that we keep a record, and that your mum stays in contact with the diabetes team who are going to support mum with making decisions about how much insulin is safe for you.”

“What we do is just write down the reading, so before breakfast, and what was..”

“4.2. It was a bit low”

“A bit low and then we would write down the types of insulin so Lantus 10, A5, Actrapid, P7, and then lunchtime also, and while she’s at school she will text me her reading and then I will let her know whether she needs to have insulin and then again at night time. And then before bed, and then we test overnight which is normally once or twice a week. Depending on what she’s been doing I’ll also write those readings down so it keeps a really clear log for when we go to clinic and we can see exactly what’s going on.”