

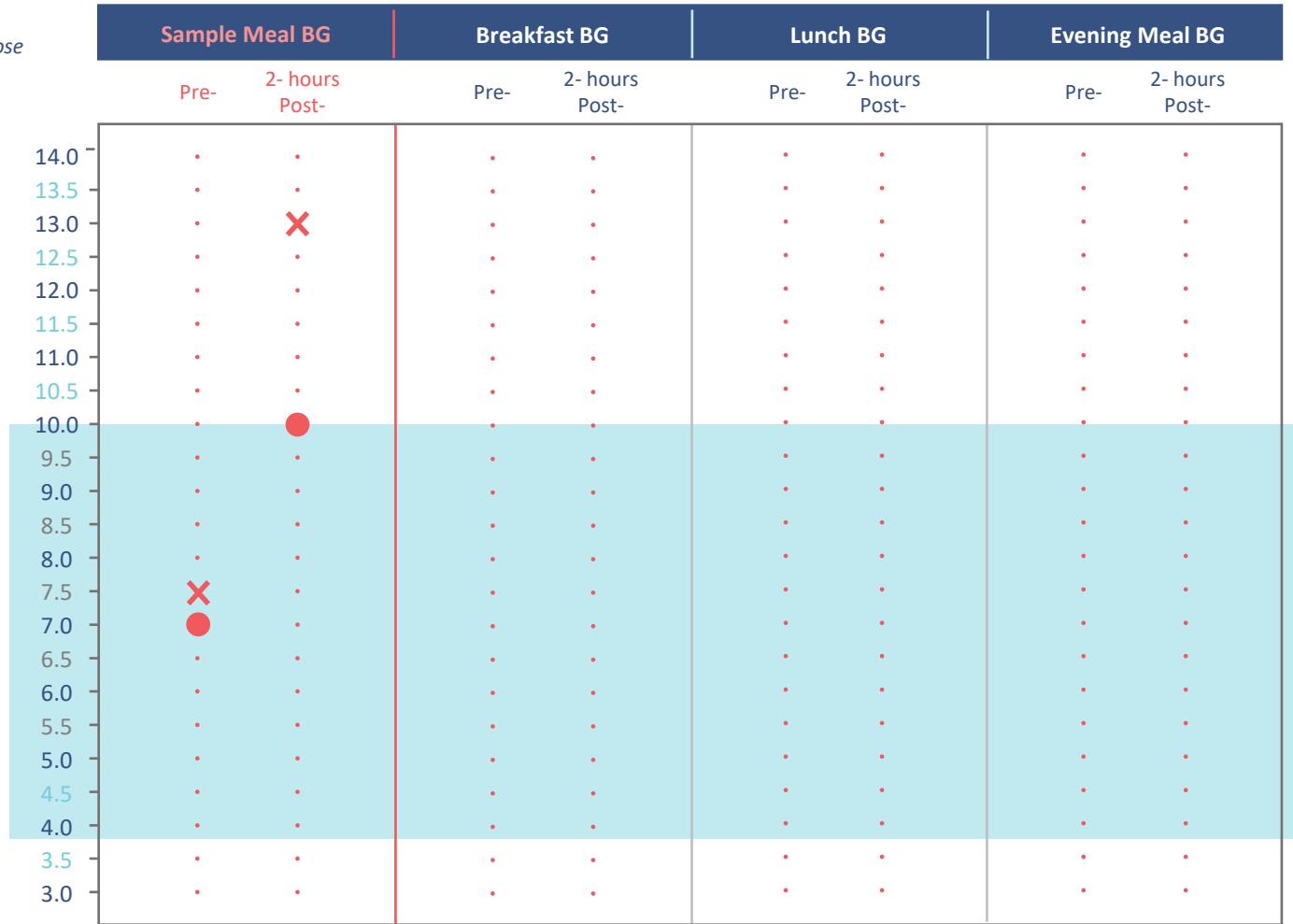
Key:

BG = blood glucose

Day 1 = **X**

Day 2 = **●**

Blood glucose (mmol/L)



< Time in range (3.9-10 mmol/L) >

Mealtime Insulin Discovery Sheet: Time in Range

Please record your blood glucose readings before and after each meal for 2 days; day 1 and day 2 do not have to be consecutive. Capturing this information will support better conversations with your doctor or nurse on effective management of your blood glucose patterns.

After plotting your blood glucose data points, join them up with a smooth curve (*i.e. cross to cross, dot to dot*) to produce two profiles.

See the following prompts along with those on the reverse of this sheet to guide your reflections. This will help aid discussion with your Doctor or Nurse:

- Did my glucose levels stay within the Time in Range shaded area? If not, why may this have been the case?
- If I did not inject at the start of the meal, when did I inject?

	Sample Meal		Breakfast		Lunch		Evening Meal	
	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2
Food(s) eaten	Kellogg's Coco Pops, milk & oj	Fruit & Nut Muesli (unsweetened) & milk						
Insulin dose	6 units	6 units						
Injected at start of meal?	Yes	Yes						



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3 simple steps to inject and eat

1. Air shot test



Remember to do your 2 unit air shot test to ensure your needle is primed and air bubbles are removed.

2. Check your food



Dial the correct dose for your food, as agreed with your healthcare professional.

3. Inject and eat straight away



Insert the needle, push the dose knob all the way in and hold. **5 seconds** is enough before removing.

When you're done

Remove the used needle and dispose of it in a sharps bin. Put the lid back on the pen and store it at room temperature.



If you experience side effects, talk to your doctor or other healthcare professional. This includes any possible side effects not listed in the package leaflet. To report a side effect or product complaint with a Lilly product please call Lilly UK on 01256 315000. Additionally, reporting forms and further information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store (UK). By reporting side effects, you can help provide more information on the safety of medicines.

This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects.

A few tips for getting started

Remember to keep track of your progress!
It will help you feel good about what goes well and understand when it doesn't.

Useful tips

- Rotate injection sites frequently to avoid irritation and aid absorption.
- Use a new needle before each injection to reduce irritation and infection.
- Use and discard your pen within 28 days, to ensure your insulin works.
- Do not use your insulin after its expiry date.
- If you have problems with your device try the air shot test again up to four times in total. You can also contact Lilly, who make your pen and insulin, on 01256 315000 or consult the "Instructions for Use" that comes in the pack with your insulin.

