



**abasaglar**<sup>®</sup>  
insulin glargine injection  
(rDNA origin) 100 units/mL

# Diary

This item is only intended for people with diabetes (adults, adolescents and children aged 2 years and above) who have already been prescribed Abasaglar<sup>®</sup>



All Lilly Pens are recommended for use with Becton, Dickson and Company Pen Needles

*Lilly*

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## **INSULIN CAN GIVE YOU IMPROVED CONTROL OVER THE MANAGEMENT OF YOUR DIABETES. THE FIRST DAYS ARE IMPORTANT FOR YOU TO GET A GOOD START WITH YOUR INSULIN TREATMENT.**

This diary helps you and your doctor and/or nurse spot patterns by providing a way to record a range of information so they can take actions to help you. Your doctor or nurse will work with you to ensure that your insulin remains effective over time. This may mean that they change your insulin, add in another drug or change your dose. This isn't anything to worry about, it's just a normal part of good condition management.

We are all unique, and so is the treatment of diabetes.

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## GETTING STARTED

Your dose is very personal, it is based on your lifestyle, body and hormones. Because these things change, it isn't always easy to find the right balance.

Your doctor or nurse will set a starting dose, and will help you understand when you should change your dose. Usually, they will start with a low number of units and gradually work upwards... please don't worry, this is perfectly normal. They may use a term called 'titrate your dose', which basically means to adjust the dose.

You adjust your dose the most at the start, it can take weeks or months but will be more consistent after that.

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## BLOOD SUGAR (GLUCOSE) TESTS



Testing your blood sugar (glucose) every day is one of the main keys to great diabetes management as your measurement can allow you to see if you're on track or if your doctor or nurse needs to adjust (titrate) your dose.

Your doctor or nurse will discuss with you how often and when to test, but you should try at least once a day and at different times. This will help you start to spot patterns in readings and think about what could be affecting your results.

Your doctor or nurse will agree a target range for your blood sugar (glucose) readings. If you notice from your results that you are often outside this range, have a chat with them - don't be tempted to just leave it and think it will get better.

Testing your blood sugars (glucose) regularly can also help you:

- Manage and, when applicable, titrate your insulin dose
- If you are feeling unwell or have vomited or if you've been unable to eat
- Before you drive
- (if you are driving long distances you will also need to stop and test en-route. See the DVLA Guidelines [www.gov.uk/diabetes-driving](http://www.gov.uk/diabetes-driving) for the latest advice).

### Low blood sugars

If your blood sugar (glucose) reading is below \_\_\_\_\_

Decrease dose by:

\_\_\_\_\_units

### High blood sugars

If your blood sugar (glucose) reading is above \_\_\_\_\_

Increase dose by:

\_\_\_\_\_units

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## What if ...

### **...you are ill?**

If you are vomiting or unable to eat, you should maintain your fluid intake with sugar-free fluids to prevent dehydration and replace usual meals with fluids containing some carbohydrate:

- NEVER stop your insulin without discussing it with your doctor/nurse
- Check your blood sugar (glucose) levels at least 4 times a day when unwell
- Diabetes can be difficult to manage if you are ill. It's good advice to contact your health care professional for guidance.

### **...you forget to do your injection?**

Missing a dose isn't the end of the world, but it's smart to have a plan just in case. The right solution varies from person to person, so ask your doctor or nurse for recommendations tailored to your needs.

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HbA1c is a measure of the amount of glucose attached to the red blood cells.

When glucose enters the bloodstream it sticks to the haemoglobin - this is known as haemoglobin A1c or HbA1c, and is measured as mmol/mol or as a %. The more glucose that is present in the blood, the higher the haemoglobin A1c or HbA1c.

Red blood cells live for about 8-12 weeks before they are replaced by new red blood cells. Measuring the HbA1c can tell you what your blood sugar (glucose) level has been on average over the last 8-12 weeks. In a person without diabetes, the HbA1c is around 20-42 mmol/mol or 4-6%, but you will be set a personal target based on your individual needs, as discussed with your doctor or nurse.

HbA1c is not the same as the blood sugar (glucose) results that you check yourself.

## SELF MANAGEMENT PLAN

	YOUR GOAL	ANY ACTIONS	CONFIDENCE 1 - 10	
Blood sugar (glucose)				—
HbA1c				—
Total cholesterol				—
HDL				—
LDL				—
Triglycerides				—
Weight				—
BMI				—
Blood pressure				—
Other				





## EXAMPLE DIARY PAGE

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	7am Insert Time	11.30 Insert Time	Insert Time	22.00 Insert Time	
<b>Monday</b>	8.1	6.9	7.6	8.2	10
<b>Tuesday</b>	9.1	8.7	8.9	9.2	12
<b>Wednesday</b> minding zac and emily 7.30	11.8	10.2	12.2	11.1	16
<b>Thursday</b> Tough day today, felt really ill!	14.2	16.3	14.4	15.5	14
<b>Friday</b> eye check at 10.30	11.0	10.1	10.2	12.3	12
<b>Saturday</b> Eric and Joan's Anniversary party	9.6	10.7	7.9	9.5	12
<b>Sunday</b>	8.5	6.5	7.4	8.1	10

Use a new needle each time you inject, and rotate the use of your injection sites so that you're not injecting too often at the same site. This helps to reduce problems at the injection site.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

Quality sleep is really important. If you have too little sleep, it can disrupt your hormones and may lead to an increased appetite and even higher blood sugar

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

Keep warm! If you're cold, it's hard to draw blood and finger pricking will hurt more.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

It's great to incorporate activity into your daily routine – you could try walking to the shops, weeding the garden or doing the hoovering.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

Try and remember to always carry some form of quick acting carbohydrate so that you can react if a hypo occurs.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

If you want to get active, choose things you enjoy. There's no point in doing things you don't like.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					



Diabetes can make you feel drained and tired at times. Aim for 8 hours of sleep each night, and try a 30-45 minute power nap when you need it.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

Do not store the pen with the needle attached to prevent leaking, blocking the needle, and air from entering the pen. Always remove the needle after each injection.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

Clean your hands before testing - use water rather than wet wipes as these may alter your results.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

Eating regular meals can help you control your blood sugar (glucose) levels.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

You can still have some of the foods you enjoy, just be sensible and don't overdo them.

	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
	Insert Time	Insert Time	Insert Time	Insert Time	
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
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	BLOOD SUGAR (GLUCOSE) READINGS				DOSE
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<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					



These instructions do not replace the Patient Information Leaflet (PIL) and Instructions For Use (IFU) that came with your medicine.  
Please read the PIL and IFU carefully.

#### REPORTING SIDE EFFECTS

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 UK: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of medicines.

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