

My Hypo Journal

USE THIS JOURNAL TO
TRACK ANY HYPOS YOU
EXPERIENCE THIS MONTH



**hypo
hub**

For further information about hypoglycaemia (hypos) and how you can manage them, please visit the Hypo Hub at www.novonordisk.co.uk/patients/diabetes/hypo-hub.html



What is hypoglycaemia (a hypo) and why might I have one?

There are over four million people living with diabetes in the UK and hypos are one of the most common complications associated with diabetes treatments. Hypos are the result of glucose levels in the blood falling too low (less than 4mmol/l) and symptoms may include a pounding heart, trembling, hunger, difficulty concentrating and blurred vision.

You might experience a hypo because you have excess insulin or if your dose of insulin/SU is too high, if you have missed a snack or meal, are not eating enough carbohydrate, do unplanned exercise, or if you are drinking alcohol without food. However, sometimes there is no obvious reason.

Some people with diabetes may experience a hypo, and yet feel no symptoms. This is called hypo unawareness. People with hypo unawareness are also less likely to be awakened from sleep when hypos occur at night.

Loss of hypo awareness can be troubling, and at times dangerous, so taking steps to regain awareness of your hypo warning signs is strongly recommended. Most people are able to recognise the symptoms of hypos, which include:

- **Feeling weak**
- **Confusion**
- **Tingling in the fingers or mouth**

Talking about your hypos with a healthcare professional will help them advise you on what can be done to better manage your diabetes, including lifestyle and treatment options.

Talk about your hypos

REMEMBER TO BRING THIS JOURNAL TO YOUR NEXT APPOINTMENT WITH YOUR DOCTOR OR NURSE



My Hypo Journal

This journal is designed to help you keep track of any hypos and related triggers you notice each month. By keeping a note of this information from day to day it may help you gain a greater understanding of how to best manage your diabetes.

WHAT SHOULD I KEEP TRACK OF?

If and when you experience a hypo, note down any symptom(s) you were aware of and when you experienced them. It is also good to think about what the triggers may have been, for example:

- I felt **agitated** while driving home
- I often **wake up at night** with a **pounding heart**
- I felt **dizzy** and **distracted** while at work
- I felt **sweaty** when out in town
- I **woke up in the night** with a **headache**
- I had a **stressful** and busy day at work
- I went on a **10K run** yesterday
- I ate a **small lunch** today

Now it's time to start tracking your hypos!

KEEP YOUR JOURNAL PINNED UP AT HOME LIKE A CALENDAR OR NEARBY LIKE A DIARY.

My Hypo Journal

	Tick if you had a hypo	What symptoms did you experience?	Potential triggers for your hypo	Insulin treatment
Monday		I FELT AGITATED WHILE DRIVING HOME	ATE A SMALL LUNCH TODAY	
Tuesday				
Wednesday				



My Hypo Journal

WEEK.....

	Tick if you had a hypo	What symptoms did you experience?	Potential triggers for your hypo	How did you treat/manage your hypo?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My Hypo Journal

WEEK.....

	Tick if you had a hypo	What symptoms did you experience?	Potential triggers for your hypo	How did you treat/manage your hypo?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My Hypo Journal

WEEK.....

	Tick if you had a hypo	What symptoms did you experience?	Potential triggers for your hypo	How did you treat/manage your hypo?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My Hypo Journal

WEEK.....

	Tick if you had a hypo	What symptoms did you experience?	Potential triggers for your hypo	How did you treat/manage your hypo?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My Hypo Summary

Log a summary of the month here for your doctor or nurse to review when you next meet.

Date and time of your next doctor/nurse appointment:

THIS MONTH

How many hypos did you record:

What were the symptoms you noticed most often when experiencing a hypo:

What were the possible triggers of a hypo that you noticed most often:

What did you do to manage your hypos?

On a scale from 1 to 10, 1 feeling in control, 10 feeling out of control, how in control of your diabetes did you feel:

Questions for my doctor or nurse

It's always helpful to prepare ahead of a meeting with your doctor or nurse. Note down any questions you have for them here so that you can discuss these at your next appointment.

Question 1: _____

Question 2: _____

Question 3: _____

HERE ARE SOME SUGGESTED QUESTIONS

Question 1: How could I adjust my lifestyle, diet, exercise routine or treatment to avoid hypos and manage my diabetes better?

Question 2: What should I do when I'm experiencing a hypo?

Question 3: What advice can I share with my friends and family so they know what to do when I experience a hypo?

tingling lips sweating difficulty concentrating
light headed pounding heart trembling irrational behaviour
convulsions **My Hypo Journal** confusion feeling weak
hunger blurred vision **My Symptoms** fatigue dizziness
loss of consciousness irritability
headaches when I wake up nightmares cold sweats

Don't forget to download and print your next month's journal
so that you can continue to track your hypos.

Visit the Hypo Hub www.novonordisk.co.uk/patients/diabetes/hypo-hub.html
to download your next Hypo Journal and for further information.

