



Contour<sup>®</sup>  
Evolving with you

# CLINILOG 2

Das Blutzuckertagebuch  
für Menschen mit Typ-2-Diabetes

Ein Service von



## Der CONTOUR®NEXT Sensor

- ✓ bewährte Qualität für zuverlässige Messergebnisse
- ✓ Teststreifen sparen dank intelligenter Nachfülloption
- ✓ unempfindlich gegenüber vielen Umgebungseinflüssen
- ✓ 24 Monate nach Herstellung haltbar



CONTOUR®NEXT Sensoren  
50er Packung

### Persönliche Daten

Name: \_\_\_\_\_

Straße: \_\_\_\_\_

PLZ/Ort: \_\_\_\_\_

Telefon: \_\_\_\_\_

### Benachrichtigung im Notfall

Name: \_\_\_\_\_

Straße: \_\_\_\_\_

PLZ/Ort: \_\_\_\_\_

Telefon: \_\_\_\_\_

#### Notfall

**Ich bin Diabetikerin/Diabetiker.**

Sollte ich verwirrt oder benommen sein, geben Sie mir bitte schnellstens ein stark gezuckertes Getränk oder Traubenzucker (in meiner Tasche).

**Bin ich bewusstlos, verständigen Sie bitte sofort einen Notarzt oder lassen Sie mich in ein Krankenhaus bringen.**

**Bitte flößen Sie mir nichts gewaltsam ein! Vielen Dank!**

**Notruf: 144**

**Euronotruf: 112**

## Behandelnder Arzt

Praxisstempel

## Zielwerte

Nüchternblutzucker \_\_\_\_\_

Blutzucker 2 Stunden nach der Mahlzeit \_\_\_\_\_

Blutzucker vor der Nachtruhe \_\_\_\_\_

Blutzucker vor dem Sport \_\_\_\_\_

Gewicht \_\_\_\_\_

Blutdruck \_\_\_\_\_

HbA1c \_\_\_\_\_

## Insulinverwendung

Art \_\_\_\_\_ Art \_\_\_\_\_

Dosis \_\_\_\_\_ Dosis \_\_\_\_\_

## Orale Antidiabetika

Bezeichnung \_\_\_\_\_ Bezeichnung \_\_\_\_\_

Dosis \_\_\_\_\_ Dosis \_\_\_\_\_

## Was ist eine HYPOGLYKÄMIE?

### Hypoglykämie = Unterzuckerung

Ein zu niedriger Blutzucker tritt dann auf, wenn die Glukosekonzentration im Blut zu niedrig ist und somit dem Körper nicht ausreichend Zucker zur Verfügung steht.

### Ab welchem Bereich spricht man von Unterzuckerung?

Eine Unterzuckerung tritt dann auf, wenn der Blutzuckerspiegel ca. zwischen 50 und 60 mg/dl liegt. Erfahrungen aus der Praxis zeigen, dass Symptome auch bei höheren Werten auftreten.

Symptome/Anzeichen \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Maßnahmen \_\_\_\_\_

\_\_\_\_\_

## Was ist eine HYPERGLYKÄMIE?

### Hyperglykämie = Überzuckerung

Hyperglykämie bedeutet, dass der Zucker im Blut zu hoch ist. Eine so genannte Hyperglykämie liegt dann vor, wenn der Blutzuckerwert vor dem Essen über 126 mg/dl und z.B. nach dem Essen über 200 mg/dl liegt.








Symptome/Anzeichen \_\_\_\_\_

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Maßnahmen \_\_\_\_\_

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Legende  vor der Mahlzeit  nach der Mahlzeit



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Legende  vor der Mahlzeit  nach der Mahlzeit

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Legende  vor der Mahlzeit  nach der Mahlzeit

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**Legende**  vor der Mahlzeit  nach der Mahlzeit

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Legende  vor der Mahlzeit  nach der Mahlzeit

| Insulin                |   |   |   |   |   |   |  |
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| Blutzucker-<br>messung | Morgens   |   | Mittags   |   | Abends  |   | Nachts   |
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| Morgens   |   | Abends |   | Gewicht             | Bemerkungen |
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**Legende**  vor der Mahlzeit  nach der Mahlzeit

| Insulin                |   |   |   |   |   |   |  |
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| Blutzucker-<br>messung | Morgens   |   | Mittags   |   | Abends  |   | Nachts   |
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**Legende**  vor der Mahlzeit  nach der Mahlzeit

## Jetzt nachbestellen

Damit Sie Ihre Messergebnisse auch weiterhin lückenlos protokollieren können, sollten Sie jetzt Ihr neues kostenfreies Blutzuckertagebuch anfordern.



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