**DÉPARTEMENT DE DIABÈTE**

**Du lundi au vendredi**

**08H00 - 16h00**

**DEPARTMENT OF DIABETES**

**Monday to Friday**

**8:00 AM - 4:00 PM**

**SITE WEB / Web site :**

**https://www.thechildren.com/ departments-and-staff/departments/ department-of-diabetes**

(anglais et français/English and French)

**SECRÉTAIRE / Secretary**

**Hélène :** **(514) 412-4436**

**SPÉCIALISTES / Specialists**

**(514) 412-4400**

**INFIRMIÈRES / Nurses**

Catherine, Nancy, Sandra

Poste/Ext. 22860

**TRAVAILLEUSE SOCIALE / Social worker** Dawn: Poste/Ext. 22074

**NUTRITIONNISTES / Nutritionnists**

Lisa: Poste/Ext. 22348

Maude: Poste/Ext. 62380

**TÉLÉCOPIEUR** / **Fax** : **(514) 412-4264**



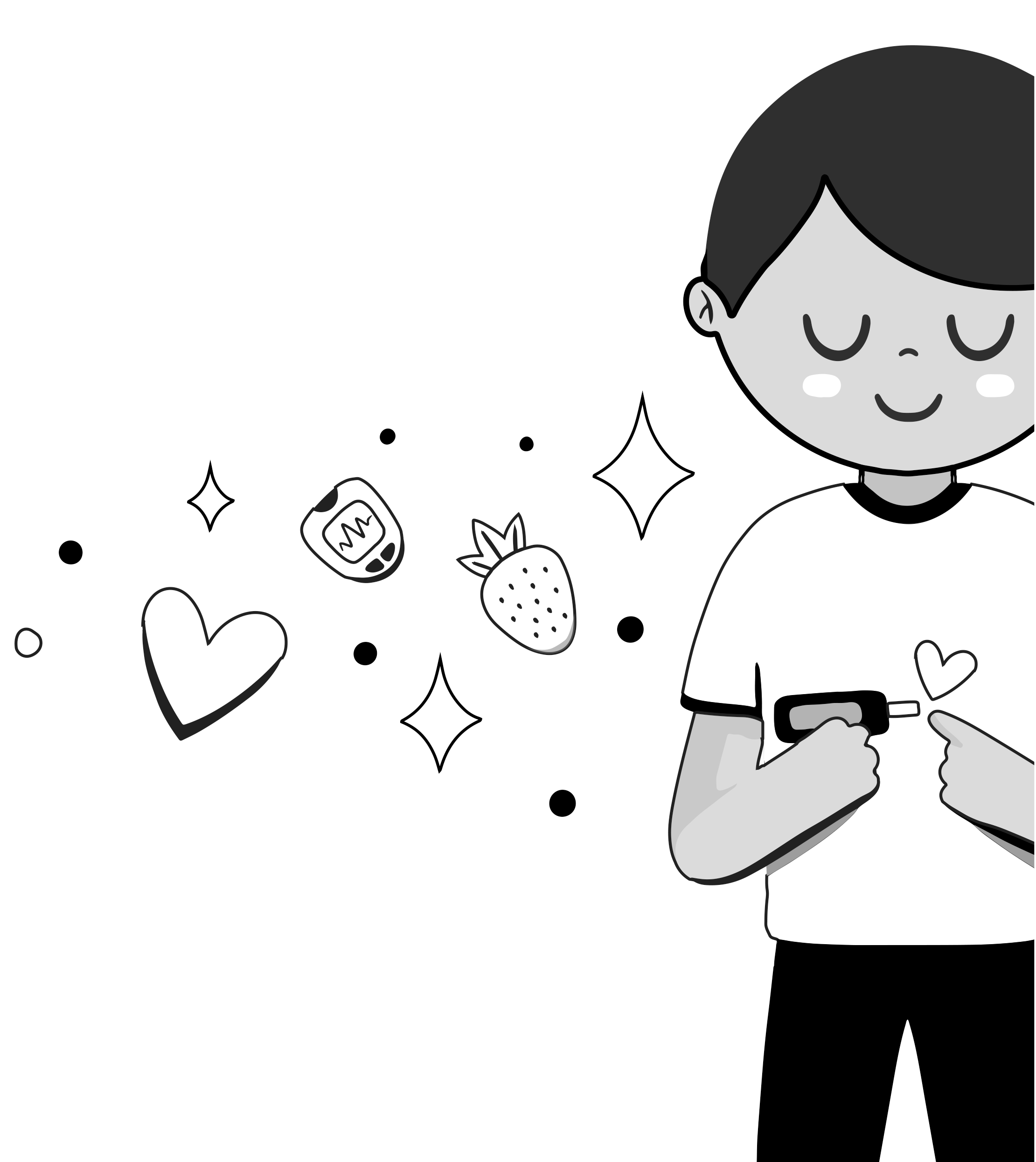
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DM-5806 (REV 2021/02/15) CUSM repro MUHC

CARNET DES GLYCÉMIES

BLOOD SUGAR

LOG BOOK



**SI VOUS NE SAVEZ PAS QUOI FAIRE, COMMUNIQUEZ AVEC LE MÉDECIN DE GARDE EN DIABÈTE.**

If you are not sure what to do, call the diabetes doctor on call.

**URGENCES / EMERGENCY**

Hôpital de Montréal pour Enfants Montreal Children's Hospital

**514-412-4400 Ext. 53333**

**DEMANDEZ LE MÉDECIN DE GARDE EN DIABÈTE PÉDIATRIQUE.**

Ask for pediatric diabetes doctor on call

**Médecins en diabète pédiatrique**

**Pediatric diabetes staff doctors :**

Robert Barnes, M.D.

Helen Bui, M.D.

Preetha Krishnamoorthy, M.D.

Laurent Legault, M.D.

John Mitchell, M.D,

Meranda Nakhla, M.D.

Julia Von Oettingen, M.D.

Constantin Polychronakos, M.D.

**QUOI FAIRE PENDANT LES JOURS DE MALADIE?**

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| **A** | Vérifies les **acétones (cétones)** dans le sang ou l'urine aux 4 heures  (ex : 12PM, 4 PM, 8PM, etc.) |
| **G** | Bois des liquides ou manges des aliments qui contiennent des **glucides**. |
| **I** | Prends ton **insuline**. Ne pas prendre ton insuline pour causer des cétones. |
| **S** | Vérifies ton taux de **sucre** aux 2-3 heures  ou au besoin. |

**WHAT TO DO DURING SICK DAYS?**

|  |  |
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| **S** | Check your blood **sugar** every 2-3 hours or as necessary |
| **I** | Take your **insulin**. Not taking your insulin could lead to ketones |
| **C** | Drink fluids and eat foods that contains **carbohydrates** as tolerated |
| **K** | Check **ketones** in blood or urine every 4 hours (ex: 12PM, 4PM, 8PM, etc.) |

SI VOUS NE POUVEZ REJOINDRE LE MÉDECIN DE GARDE EN DIABÈTE PÉDIATRIQUE, VEUILLEZ APPELER LE **911** OU PRÉSENTEZ-VOUS À L’**URGENCE DE** **L’HME.**

If you are not able to reach the doctor on call, call **911** or come to the **MCH Emergency.**

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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **SA** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **DIM**  **Su** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
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| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **DIM**  **Su** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **SA** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **DIM**  **Su** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **DIM**  **Su** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MER**  **We** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **DIM**  **Su** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
| 8.1 à / to 12.0 |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **4.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **4.0 mmol/L or more** give insulin for the snack. |  | SI LA GLYCÉMIE EST **6.0 mmol/L OU PLUS**, DONNER DE L'INSULINE POUR LA COLLATION.  If the blood sugar is **6.0 mmol/L or more** give insulin for the snack. |  |
| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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| **DOSAGE D’INSULINE / Insulin dosage** | | | | | | | |
| **GLYCÉMIES**  **Blood sugars**  (mmol/L) | **ÉCHELLE D’INSULINE (UNITÉS) / A sliding scale (units)** | | | | | | |
| **… À ACTION RAPIDE**  **… of quick acting insulin** | | | | | | **… À ACTION BASALE**  **… basal-acting insulin** |
| **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** |
| 3.9 ou moins/or less  🡺 **TRAITER L’HYPOGLYCÉMIE**  **Treat low first** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** |  | **DOSE FIXE**  **Fixed dose:** | **DOSE FIXE**  **Fixed dose:** |
| 4.0 à / to 8.0 |  |  |  |  |  |  |  |
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| 12.1 à / to 17.0 |  |  |  |  |
| 17.1 ou plus/or more  **🡺 VÉRIFIER**  **LES CÉTONES**  **Verify ketones** |  |  |  |  |

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| **DATE** | | **TAUX DE SUCRE / Blood sugars**  (mmol/L) | | | | | | | | | | **FACTEURS QUI INFLUENCENT**  **LA GLYCÉMIE / Factors that affect the blood sugar.** | | |
| **MOIS**  **Month**  **Selection** | | **MATIN**  **Bkft** | **COLLATION**  **Snack** | **DÎNER**  **Lunch** | **COLLATION**  **Snack** | **SOUPER**  **Supper** | **COLLATION**  **Snack** | **COUCHER**  **Bedtime** | | **NUIT**  **Night** | | **ACTIVITÉ PHYSIQUE\***  **Physical activity**\* | **RESTAURANT, FÊTE** **Restaurant, party** | **HYPO** |
| **LUN**  **Mon** |  |  |  |  |  |  |  |  | |  | |  |  |  |
| **MAR**  **Tu** |  |  |  |  |  |  |  |  | |  | |  |  |  |
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| **COMMENTAIRES / Comments :** | | | | | | | | | \* | | **MARCHE, ÉDUCATION PHYSIQUE, SPORTS**  Walk, gym class, sports | | | | |
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