

I·D·A



Diabetes Logbook

From _____

Date	Breakfast		Lunch	
	Before	2h after	Before	2h after
Sun				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				



To _____

Dinner		Bedtime	Other	Notes
Before	2h after			



From _____

Date	Breakfast		Lunch	
	Before	2h after	Before	2h after
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Tue				
Wed				
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Fri				
Sat				



To _____

Dinner		Bedtime	Other	Notes
Before	2h after			



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Before	2h after			



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Before	2h after			



Contour.

Stop wasting
your test
strips!



**Second-Chance®
Sampling** allows
you to apply more
blood to the same test
strip within 60 seconds.

The **only** blood glucose meter brand
that prompts patients to apply more blood
when the first sample is not enough.¹

When it comes to diabetes management,
Trust CONTOUR®.



ascensidiabetes.ca

® TM see ascensidiabetes.ca/tm-mc. © 2026 Ascensia Diabetes
Care Canada Inc. 1. CONTOUR®NEXT GEN Blood Glucose
Monitoring System User Guide, Rev. 02/22



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Before	2h after			



This logbook belongs to:

Name: _____

Phone #: _____

Pharmacy

Name: _____

Phone #: _____

Pharmacist: _____

Primary Healthcare Provider

Name: _____

Phone #: _____

Emergency Contact

Name: _____

Phone #: _____

From _____

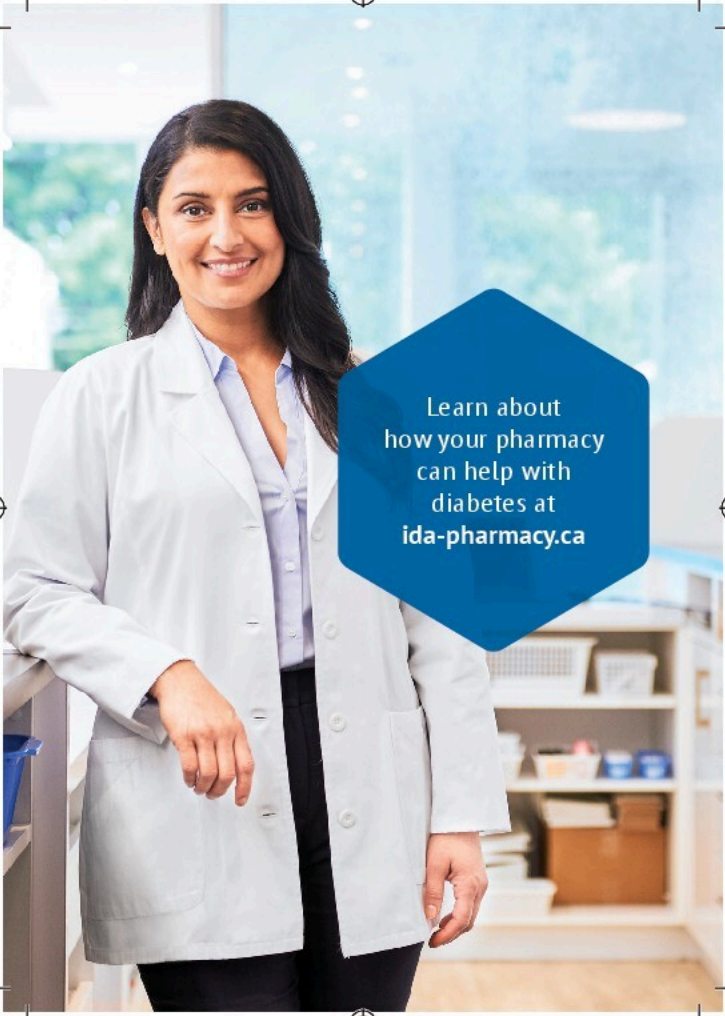
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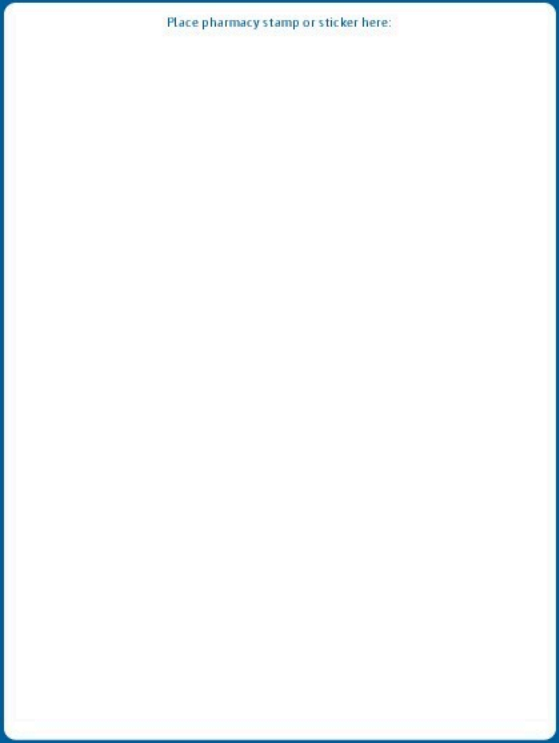


A woman with long dark hair, wearing a white lab coat over a light blue button-down shirt and dark pants, is smiling and standing in a pharmacy. In the background, there are shelves with various pharmacy supplies and a window looking out onto a bright, green outdoor area. A blue hexagonal graphic is overlaid on the right side of the image, containing text.

Learn about
how your pharmacy
can help with
diabetes at
ida-pharmacy.ca



Place pharmacy stamp or sticker here:



Your local pharmacy[®]

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When To Measure Your Blood Glucose

The Canadian Diabetes Association recommends the following schedules for self-monitoring blood glucose.

Situation	Recommendation
Taking multiple daily injections of insulin	At least 4 times a day
Using insulin less than 4 times per day	At least as often as insulin is being given
TYPE 2 - Not meeting blood glucose targets, and not using insulin	At least 2 times per day until blood glucose targets are met
TYPE 2 - Meeting blood glucose targets, and not using insulin	Once or twice per week

Newly diagnosed with diabetes (<6 months):

At least once a day, at different times of day

Test yourself more often if:

- You are not meeting your blood glucose targets
- You are ill
- You exercised a lot
- You drank alcohol
- You recently started a new medication known to increase or decrease blood glucose

Other Diabetes Related Tests:

A1C - Measure every 3 months

Target $\leq 7\%$ for most persons with diabetes

Date	Result

Cholesterol - Measure every 3-6 months

Cholesterol LDL-C (Target < 2.0)

Date	Result

A1C measures your average blood glucose control over the last 2-3 months

LDL-C = low-density lipoprotein cholesterol ("Bad cholesterol")





ABC Targets for Persons with Diabetes

- A** A1C target 7% or lower
- B** Blood Pressure 130/80 or lower
- C** Cholesterol LDL-C 2.0 or lower

A1C measures your average blood glucose control over the last 2-3 months
LDL-C = low-density lipoprotein cholesterol
("Bad cholesterol")

Ask Your Local Pharmacist About:

- 
- Using your blood glucose meter correctly
 - Checking if your blood glucose meter is accurate
 - A personalized Medication Review
 - Managing hypoglycemia or low blood sugars
 - Managing your diabetes during illness
 - Travelling with diabetes medications and adjusting for time zone changes
 - When you should test your blood glucose more often
 - Incorporating healthy eating and exercise to help control your diabetes
 - Drugs that can protect your heart
 - Foot care
 - Diabetes in pregnancy
 - Quitting smoking
- 

How to Manage your Diabetes:

Maintaining your blood glucose as close to the normal range as possible can help you avoid complications. Keeping track of your blood glucose levels can:

- Demonstrate how lifestyle, healthy eating, and medication are affecting your blood glucose level
- Guide changes to your lifestyle and medications to reach your ideal blood glucose levels

Target Blood Glucose Levels:

The Canadian Diabetes Association guidelines recommend the following target blood glucose levels for most people living with diabetes.

	Type 1 and Type 2 Diabetes
A1C* (%)	≤ 7.0
Fasting or before meal blood glucose (mmol/L)	4.0 – 7.0
2 hours after meal blood glucose (mmol/L)	5.0 – 10.0

Check with your doctor for your specific blood glucose targets and goals.

*A1C measures your average blood glucose control over the last 2-3 months

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