

If you're using an Accu-Chek Advantage, Active or Glucotrend meter, call* for a free meter upgrade on:



FREEPHONE
0800 701000

and in the Republic of Ireland:



FREEPHONE
1 800 709600

*To improve the quality of our service, calls received or made by Roche Diagnostics may be recorded.



ACCU-CHEK[®]

**Record
Book**

Roche

Roche

PW1044

Personal details

Name:

Address:

GP's name:

Address:

Tel:

Hospital clinic:

Address:

Tel:

In case of emergency please contact

Name:

Address:

Tel:

Name of Diabetes Specialist Nurse:

Tel:

Local Diabetes UK /DFI Branch:

Secretary's name:

Address:

Tel:

Local pharmacy:

Address:

Tel:

Diabetes UK
10 Queen Anne Street
London W1M 0BD
Tel: 020 7323 1531
Website: www.diabetes.org.uk
email: info@diabetes.org.uk

Diabetes Federation of Ireland
76 Lower Gardiner Street
Dublin 1
Tel: 01 836 3022
Website: www.diabetesireland.ie
email: diabetesfederation@diabetesireland.ie

DATE								
DAY		MON	TUE	WED	THU	FRI	SAT	SUN
INSULIN DOSE	TIME							
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BLOOD GLUCOSE TEST RESULTS	Before breakfast							
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	Key events/notes							

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Choose the right Accu-Chek system for you.

ACCU-CHEK® *Aviva*



No lancing handling means half the steps to test

- Tiny 0.6µl blood sample, and wide easy to handle, easy-fill strip
- Easy and safe lancet disposal in normal household waste
- Fast, 5-second test time

ACCU-CHEK® *Compact Plus*



No test strip handling and self-coding means half the steps

- Convenient all-in-one system with a drum containing 17 built in test strips and detachable finger pricker
- Small 1.5µl blood sample
- Fast, 5-second test time

Both Accu-Chek systems come with:

- Virtually pain-free testing
- Lifetime guarantee
- Accu-Chek Customer Careline 365 days a year

Call the **Accu-Chek Careline*** freephone number for your chance to try for yourself.

0800 701000 (UK)
1 800 709600 (Ireland)

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Dealing with hypos

Having a 'hypo' means your blood glucose is too low (usually below 4 mmol/L). Testing your blood glucose regularly can help avoid hypos. You should learn to recognise your particular hypo warning signs and eat or drink something sugary at the first sign of a hypo.

What can cause a hypo?

- Missed or delayed meals
- Eating less than usual
- Unplanned activity
- Too much insulin or too many diabetes tablets
- Illness and stress
- Changes to your medication
- Drinking alcohol (especially on an empty stomach)
- Extremes of temperature

Spot the warning signs

Mild hypo signs

- Sweating
- Hunger
- Anxiety
- Shakes
- Paleness
- Rapid heart beat

Moderate hypo signs

- Irrational/aggressive behaviour
- Weakness
- Irritability

Severe hypo signs

- Blurred vision • Drowsiness • Clumsiness
- Confusion • Appearing to be drunk • Passing out

At the first sign of a hypo...

1. Test your blood sugar
2. If low (below 4 mmol/L), eat/drink something sugary such as 3-4 glucose tablets or 100 ml of cola or 50 ml of Lucozade
3. Wait 10 minutes then re-test
4. If still below 4 mmol/L repeat step 2
5. If above 4 mmol/L have a complex carbohydrate such as a biscuit or piece of fruit or slice of bread

Useful Contacts

Diabetes UK

10 Parkway
London NW1 7AA
020 7424 1000
www.diabetes.org.uk

Diabetes Federation of Ireland

76 Lower Gardiner Street
Dublin 1
01 836 3022
www.diabetesireland.ie

International Diabetes Federation

Avenue Emile De Mot 19
1000 Brussels
Belgium
+322 538 55 11
www.idf.org

Insulin Dependent Diabetes Trust

PO Box 294
Northampton NN1 4XS
01604 622837
www.iddtinternational.org

NHS Direct

0845 46 47
www.nhsdirect.nhs.uk

Accu-Chek Customer Careline

0800 701000 (UK) or 1 800 709600 (Ireland)
www.accu-chek.co.uk
www.accu-chek.ie

Online Information and Support

www.netdoctor.co.uk

- An encyclopaedia of health that allows you to ask the Net Doctor your health-related questions.

www.webhealth.co.uk

- A medical website covering different health issues, complementary health and support groups.

www.diabetes-insight.info

- A diabetes support website with useful information on living with and managing diabetes.

www.silversurfers.net/health-support.html

- A general interest website for the over 50s online community, including healthcare info and support groups.

www.surgerydoor.co.uk

- A health website with news and articles on medical conditions, healthcare issues and healthy living.

Accu-Chek design systems to suit the way you live.

Whichever meter you choose comes with our lifetime promise of support and help – the Accu-Chek Commitment.

No further system costs for life as well as free access to the Accu-Chek Customer Careline.

That's what we mean by 'More than a meter'. It's a promise that only Accu-Chek makes.



Freephone Customer Careline 365 days a year

Plus Complimentary:

DVD meter-training guide and follow-up call

Batteries and quality control solution for life

Data management software

Record books and diabetes information leaflets

On-line support - visit www.accu-chek.co.uk

Call **FREE** on 0800 701000 (UK) or 1 800 709600 (Ireland)

Register with Accu-Chek

To register for your 100% lifetime guarantee simply complete the form overleaf or call the Accu-Chek Careline* on

FREEPHONE
0800 701000 (UK)
1 800 709600 (Ireland)

You can also register online at
www.accu-chek.co.uk

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To register please complete your personal details and the information overleaf. Please make sure that you tick the e-mail opt in box to receive information from Accu-Chek.* Send your completed form to the address below. No stamp necessary.

Send via post to:

FREEPOST RRBK-AKXB-JJUE

Diabetes Care

Roche Diagnostics Limited

Charles Avenue

BURGESS HILL

RH15 9RY

No stamp necessary



Registration form

Title _____ Name _____

Address _____

Telephone _____

Email _____

Date of birth _____

Signature _____

What best describes you?

Type 1 Type 2

Insulin Pump User Carer

Healthcare Professional Other

Name of meter _____

Serial number (on back of meter) _____

What type of therapy do you follow?

Insulin Name of previous meter _____

Insulin & Tablets _____

Tablets _____

Tablets & Diet _____

Diet Are you on anticoagulation therapy (warfarin)?

How often do you test your blood glucose?

Yes No

Once a week *If you would like us to contact you by email, please tick this box.

More than once a week

Once a day I agree to Roche or its appointed

2-3 times a day agents using any information I

4+ times a day provide on this form to contact me

Where did you obtain your meter?

Clinic GP Practice with relevant information about

Pharmacist promotions. If you do not wish us

Customer Careline Other to contact you further please tick

this box.

Roche abides by the Data Protection Act 1998 and is registered as a data controller under this Act. Your data will not be disclosed to any third party except our appointed agents. PROM002



ACCU-CHEK®

Live life. The way you want.

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Burgess Hill, RH15 9RY

www.accu-check.co.uk