**Caiet de autocontrol** (injecții cu penul)

Nume, prenume

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| Data/ora | 7.30-8.00 | | | 10.30-11.00 | | 13.30-14.00 | | | 16.30-17.00 | | 19.30-20.00 | | | 21.30-22.00 | | | 00.00 | | 03.00 | | Note |
|  | Gl | IR/IB | G | Gl | G | Gl | IR | G | Gl | G | Gl | IR/ IB | G | Gl | IB | G | Gl | G | Gl | G |  |
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Notă: Gl=glicemie (mmol/L sau mg/dL), IR=insulină rapidă (un), IB= insulină bazală (un), G=glucide/carbohidrați (g sau UP).