**Summary of the instructions you have been given:**

Complete NDSS registration forms.

Lodging this form Must be certified by your authorised health professional.

Email: info@ndss.com.au Fax: 1300 536 953 Post: GPO Box 9824 in your capital city.

Eat regular meals and mid meal snacks every day.

Remember to include carbohydrates with all your meals and protein with your main meals.

Limit fatty foods and remember free foods.

Include physical activity daily for at least 30 minutes per day.

Remember to maintain a food diary for at least 1 week.

Connect your blood glucose meter ( Accu -chek guide ME ) to MySugr App

Test your sugars four times a day, before breakfast and 1 or 2 hours after each main meal

Note the time you start your meals and test 1 or 2 hours from start of your meals.

Your target range for blood sugar results are:

**Less than 5.0mmol/l upon waking (preferably between 0600 – 0730 hrs )**

**Between 4 - 7 mmol/l 2 hrs after meals.**

**Between 4 – 8mmol/l 1 hour after meals.**

Write your blood glucose results in your record sheet if not utilizing App.

Remember to change the lancet in your finger pricking device at least daily.

Obtain your test strips and lancets from pharmacies.

Remember to bring your log sheet or print out of bgl’s off Mysugr App, also your meter whenever you visit your diabetes team.

Any concerns please contact:

Dietitian Nikki: 02 93826544 Email: [Nikki.levitas@health.nsw.gov.au](mailto:Nikki.levitas@health.nsw.gov.au)

Diabetes Educators On: 02 93826010

Email: [SESLHD-RoyalHospitalforWomen-DiabetesServices@health.nsw.gov.au](mailto:SESLHD-RoyalHospitalforWomen-DiabetesServices@health.nsw.gov.au)

Useful Apps: Calorie King

Pregnant with DIABETES

MySugr