

My Personal Data

個人資料 Data Peribadi Saya

Name 姓名 Nama:

In case of emergency, please contact the person stated below

如遇緊急狀況，請聯繫

Jika berlaku kecemasan, sila hubungi orang yang dinyatakan di bawah

Name 姓名 Nama:

Telephone 電話 Telefon:

As an Accu-Chek blood glucose meter user, you will enjoy:

- **Meter Warranty**

Applicable to meter malfunction and technical defects

- **After Sales Service**

- Comprehensive customer and product assistance through sales representatives and Accu-Chek Customer Care: 1-800-88-1313
- Resourceful support programme such as educational e-newsletters

- **Clean & Check**

Free meter service check to ensure that meter and test strips are in good condition

Visit our website at www.accu-chek.com.my

If you have any inquiry, call Accu-Chek Customer Care

1-800-88-1313

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www.accu-chek.com.my

Roche Diagnostics (M) Sdn Bhd [199101021135 (231446-P)]

B-20-1, Level 20, The Ascent, Paradigm

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47301 Petaling Jaya, Selangor Darul Ehsan

DCMY21_0088



ACCU-CHEK®



**Please bring me
along with you when
you pay a visit to the doctor.**

當你去見醫生時，請攜帶我。

Bawalah saya semasa
berjumpa doktor.

**My Diary
健康日記
Diari Saya**

ACCU-CHEK®

Low Blood Glucose Warning Signs

低血糖警示迹象

Tanda Amaran Glukosa
Darah Rendah



Trembling
顫抖
Menggeletar



Light-headed or giddy
頭重腳輕或眩暈
Pening



Headache
頭痛
Sakit kepala



Hungry
飢餓
Lapar



**Numbness in lips or
fingers**
嘴唇或手指麻痺
Kebas di bibir atau jari



Perspiration
虛汗
Berpeluh



Feeling weak
體虛
Berasa lemah



Emotional
情緒化
Tekanan emosi



Easily agitated
容易激動
Mudah runsing



**Lack of concentration or
abnormal behaviour**
集中力散漫或行為異常
Kurang tumpuan atau
tingkah laku tidak normal

Feeling The Symptoms of Low Blood Glucose?

感覺到低血糖的症狀?

Mengalami Simptom Glukosa Darah Rendah?

If you suspect that you are experiencing low blood glucose level, perform a blood glucose test. If your blood glucose reading is <3.9 mmol/L, follow the 15-15 rule:

如果您懷疑血糖水平低, 請進行血糖檢測。如果您的血糖值小於 3.9 mmol/L, 請使用以下的 15-15 法則:

Sekiranya mengesyaki glukosa darah anda rendah, sila buat ujian glukosa darah. Jika bacaan glukosa darah anda ialah <3.9 mmol/L, ikutlah peraturan 15-15:

1



Eat or drink 15 grams of simple carbohydrates
e.g. 1 tablespoon of honey or $\frac{1}{4}$ cup of juice or
3 teaspoon of sugar
進食或飲用 15 克簡單的碳水化合物食物, 例如:
1 湯匙蜂蜜或 $\frac{1}{4}$ 杯果汁或 3 茶匙糖
Makan atau minum 15 gram karbohidrat ringkas
seperti 1 sudu besar madu atau $\frac{1}{4}$ cawan jus atau
3 sudu kecil gula

2



Wait for 15 minutes
稍候 15 分鐘
Tunggu 15 minit

3



Perform another blood glucose test. If it's still low,
repeat steps 1-3
進行另一輪血糖檢測。如果仍然很低, 請重複步
驟 1-3
Buat satu lagi ujian glukosa darah. Jika masih
rendah, ulangi langkah 1-3

Targets for People with Type 2 Diabetes¹

Parameters	Target Range	Units
Blood glucose control		
Fasting or before meal	4.4 – 7.0	mmol/L
After meal (1½ – 2 hours)	4.4 – 8.5	mmol/L
HbA1c	≤ 7 (for most ≤ 6.5)	%
Lipids		
Triglycerides	≤ 1.7	mmol/L
HDL-Cholesterol	> 1.0 (male) > 1.2 (female)	mmol/L
LDL-Cholesterol	≤ 2.6	mmol/L
Blood pressure	≤ 130 – 139 / 70 – 79	mmHg
Exercise	150	min/wk
Body weight	If overweight or obese, aim for up to 5–10% weight loss in 6 months	

Targets for People with Type 1 Diabetes²

Parameters	Target Range	Units
Blood glucose control		
Fasting or before meal	4.0 – 8.0	mmol/L
After meal (at least 1½ – 2 hours)	5.0 – 10.0	mmol/L
Bedtime	6.7 – 10.0	mmol/L
Midnight	4.5 – 9.0	mmol/L
HbA1c (less than 18 years old)	< 7.5	%

Blood Glucose Targets in Pregnancy³

Timing of Blood Glucose	Target Range	Units
Fasting or before meal	≤ 5.3	mmol/L
1 hour after the start of a meal	≤ 7.8	mmol/L
2 hours after the start of a meal	≤ 6.7	mmol/L

You might find the targets difficult to remember. We suggest to keep the difference between before and after meal blood glucose readings at **less than 2.8 mmol/L**.⁴

References 參考 Rujukan:

1. Clinical Practice Guidelines, Management of Type 2 Diabetes Mellitus (6th Edition), Ministry of Health Malaysia, Dec 2020.
2. Clinical Practice Guidelines, Management Of Type 1 Diabetes Mellitus In Children & Adolescents, MOH, 2015.
3. Management of Diabetes in Pregnancy CPG, Ministry of Health Malaysia, 2018.
4. G Slama et al. Postprandial glycaemia: a plea for the frequent use of delta postprandial glycaemia in the treatment of diabetic patients. Diabetes Metab, 2006;32:187-192.

Blood Glucose Testing Frequency¹

血糖檢測次數¹ Kekerapan Menguji Glukosa Darah¹

Mode of treatment 治療方式 Jenis rawatan	Breakfast 早餐 Sarapan Pagi		Lunch 午餐 Makan Tengah Hari		Dinner 晚餐 Makan Malam	
	Before 之前 Sebelum	After 之後 Selepas	Before 之前 Sebelum	After 之後 Selepas	Before 之前 Sebelum	After 之後 Selepas
Diet only 只是飲食管理 Diet sahaja	✓	✓		✓		✓
Oral Medications 口服藥物 Ubat Makan	✓	✓		✓		✓
Insulin 胰島素 Insulin	✓	✓	✓	✓	✓	✓

An Illustration of Self-Monitoring of Blood Glucose (SMBG)

自我血糖監控例子

Ilustrasi Pemantauan Glukosa Darah Sendiri (SMBG)

Breakfast 早餐 Sarapan Pagi		Lunch 午餐 Makan Tengah Hari	
 Nasi lemak and coffee 椰漿飯和咖啡 Nasi lemak dan kopi		 Chicken noodle soup and ice lemon tea 雞肉湯麵和冰檸檬茶 Mi sup ayam dan teh 'O' ais limau	
Before 餐前 Sebelum	After 餐後 Selepas	Before 餐前 Sebelum	After 餐後 Selepas
8 am	10 am	–	2 pm
5.8 mmol/L	9.2 mmol/L	–	11.3 mmol/L



Difference is 3.4 mmol/L
差異為 3.4 mmol/L
Perbezaan ialah 3.4 mmol/L



After meal reading > 8.5 mmol/L
餐後血糖值大於 8.5 mmol/L
Bacaan selepas makan > 8.5 mmol/L

Ideal* 理想狀況* Ideal*:

Difference between readings: <2.8 mmol/L
餐前餐後血糖值的差異小於 2.8 mmol/L
Perbezaan antara bacaan: <2.8 mmol/L

MOH guideline¹ 大馬衛生部建議¹ Panduan KKM¹:

After meal target range: 4.4 to 8.5 mmol/L
餐後目標範圍: 4.4 至 8.5 mmol/L
Julat sasaran selepas makan: 4.4 hingga 8.5 mmol/L

Date 日期 Tarikh	Breakfast 早餐 Sarapan Pagi		Lunch 午餐 Makan Tengah Hari		Dinner 晚餐 Makan Malam		Bedtime 就寢時間 Sebelum Tidur	Early Morning 凌晨 Awal Pagi (3am - 4am)	Notes 備註 Nota Diet, exercise, illness, stress, therapy 飲食, 運動, 疾病, 壓力, 治療 Diet, senaman, sakit, stres, terapi
									
16.2.21	Before meal 餐前 Sebelum makan	After meal 餐後 Selepas makan	12 pm 9 mmol	2 pm 12.1 mmol	Example 例子 Contoh				(Lunch) Ate a plate of white rice with stir-fried shredded chicken, braised baby bak choy and drank a glass of iced tea.
	* Difference between readings 餐前餐後血糖值的差異 Perbezaan antara bacaan		3.1 mmol						
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Date 日期 Tarikh	Breakfast 早餐 Sarapan Pagi		Lunch 午餐 Makan Tengah Hari		Dinner 晚餐 Makan Malam		Bedtime 就寢時間 Sebelum Tidur	Early Morning 凌晨 Awal Pagi (3am – 4am)	Notes 備註 Nota Diet, exercise, illness, stress, therapy 飲食, 運動, 疾病, 壓力, 治療 Diet, senaman, sakit, stres, terapi
									
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