

# Self-Monitoring Blood Glucose (SMBG)

## Frequency & Pattern Tool

<http://guidelines.diabetes.ca/bloodglucoselowering/smbgcalculator>

### Pattern Recommendation:

#### Basal Insulin Only (To Target)

NPH or long-acting insulin analogue, typically given at bedtime.

*SMBG at least as often as insulin is being given.*

- Optional, less frequent SMBG can be done at other times of day to ensure glycemic stability through the day, or to detect hypoglycemia caused by secretagogue, if applicable.
- Basal insulin may be given in combination with secretagogue, non-secretagogue or injectable (GLP-1 analogue) medications.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Insulin							NPH / long (basal)	
SMBG pattern	SMBG test							
Adjustment	Basal insulin ↑ if BG hi ↓ if BG low							