

Self-Monitoring Blood Glucose (SMBG)

Frequency & Pattern Tool

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

Pattern Recommendation:

Basal Insulin Only (Not To Target)

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

SMBG ≥ 2 times per day, to assist in lifestyle and/or medication changes until glycemic targets are met.

- Optional, less frequent SMBG can be done at other times of day to detect hypoglycemia caused by secretagogue, if applicable.
- If initiating basal insulin, focus should be mostly on the before breakfast SMBG test; the before supper and bedtime SMBG testing is less important / optional.
- If patient is on basal insulin, before breakfast SMBG test is to target but A1C is not to target, focus should be more on the before supper and bedtime SMBG testing.
- 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: Alternating daily	SMBG test				SMBG test			
	SMBG test						SMBG test	
Adjustment	Bedtime insulin ↑ if BG hi ↓ if BG low							