

# Self-Monitoring Blood Glucose (SMBG)

## Frequency & Pattern Tool

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

### Pattern Recommendation:

#### Premixed Insulin (or NPH twice daily)

Insulin doses are typically given pre-breakfast and pre-supper.

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

- SMBG QID until glycemic targets are met
- SMBG BID (alternating times) is usually sufficient once glycemic targets are met.
- Premixed insulin may be given in combination with non-secretagogue or injectable (GLP-1 analogue) medications.
- Premixed insulin would not typically be used in combination with secretagogue medications.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Insulin	Premix / NPH				Premix / NPH			
SMBG pattern 1: Starting	SMBG test		SMBG test		SMBG test		SMBG test	
SMBG pattern 2: Stable Alternating daily	SMBG test				SMBG test			
			SMBG test				SMBG test	
Adjustment	Pre-supper insulin  ↑ if BG hi ↓ if BG low		Pre-breakfast insulin  ↑ if BG hi ↓ if BG low		Pre-breakfast insulin  ↑ if BG hi ↓ if BG low		Pre-supper insulin  ↑ if BG hi ↓ if BG low	