

Self-Monitoring Blood Glucose (SMBG)

Frequency & Pattern Tool

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

Pattern Recommendation:

Basal Plus

Insulin doses are typically given as a rapid-acting analogue or regular insulin (bolus) before one meal plus NPH or long-acting insulin analogue given at bedtime.

SMBG at least as often as insulin is being given.

- In the example shown, the bolus insulin is given at supper but could be given at breakfast or lunch.
- The bolus insulin is typically given with the largest meal or the meal with the highest post-meal BG.
- Basal plus NPH or a long-acting insulin may be given in combination with secretagogue (at a different time than bolus insulin), non-secretagogue or injectable (GLP-1 analogue) medications.
- SMBG QID until glycemic targets are met.
- SMBG BID (alternating times) is usually sufficient once glycemic targets are met.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Insulin					Rapid / regular (bolus)		NPH / long (basal)	
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	Basal insulin ↑ if BG hi ↓ if BG low					Pre-supper bolus insulin ↑ if BG hi ↓ if BG low		