

Self-Monitoring Blood Glucose (SMBG)

Frequency & Pattern Tool

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

Pattern Recommendation:

Diagnosis of type 2 diabetes in the past 6 months or not meeting glycemic targets

Check ≥ 1 time per day, on average, and at different times of day to learn the effects of various meals, exercise and/or medications on blood glucose.

- Please pick one of the following SMBG patterns below

SMBG basic pattern

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

SMBG pattern to learn the effects of various meals

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

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Pattern Recommendation (continued):

**Diagnosis of type 2 diabetes in the past 6 months
or not meeting glycemic targets**

SMBG pattern to learn the effects of exercise

- Sometimes benefit is seen 4 -8 hours later, so alternate post-exercise testing times.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Sunday				Exercise	TEST			
Monday								
Tuesday								
Wednesday								
Thursday						Exercise	TEST	
Friday								
Saturday								

SMBG to get a snapshot of blood glucose levels throughout the day, on one day of the week, which is a typical day.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								