

# Self-Monitoring Blood Glucose (SMBG)

## Frequency & Pattern Tool

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

### Pattern Recommendation:

**Type 2 diabetes treated with lifestyle and oral agents  
AND is meeting glycemic targets**

*Infrequent checking recommended. Check 1 to 2 times per week.*

- After meal testing is usually done 2 hours after the start of a meal.
- If on a secretagogue, check also when hypoglycaemia occurs and/or has occurred.

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