

Self-Monitoring Blood Glucose (SMBG)

Frequency & Pattern Tool

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

Pattern Recommendation:

Patient is sick or starting a steroid medication

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

- If on a secretagogue, check also when hypoglycaemia occurs and/or has occurred.
- Please pick one of the following SMBG patterns below

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

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