

Self-Monitoring Blood Glucose (SMBG) Frequency & Pattern Tool

<http://guidelines.diabetes.ca/self-management/smbg-tool>

Pattern Recommendation: Basal Insulin Only (To Target)

NPH or long-acting insulin analogue, typically given at bedtime.

SMBG at least as often as insulin is being given.

- Optional, less frequent SMBG can be done at other times of day to ensure glycemic stability through the day, or to detect hypoglycemia caused by secretagogue, if applicable.
- Basal insulin may be given in combination with secretagogue, non-secretagogue or injectable (GLP-1 analogue) medications.

| | breakfast | | lunch | | supper | | bedtime | night |
|-----------------|---|-------|--------|-------|--------|-------|-----------------------|-------|
| | before | after | before | after | before | after | | |
| Insulin | | | | | | | NPH / long (basal) | |
| SMBG pattern | SMBG test | | | | | | | |
| Adjustment | Basal insulin ↑ if BG hi ↓ if BG low | | | | | | | |