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

Pattern Recommendation: QID (Basal-Bolus/Multiple Daily Injections [MDI])

Insulin doses are typically given as a rapid-acting analogue or regular insulin (bolus) before each meal, and NPH or long-acting analogue (basal) typically given at bedtime. *SMBG at least as often as insulin is being given.*

- After meal testing is usually done 2 hours after the start of a meal.
- SMBG should be QID, pre-meal and bedtime, in order to assess previous dose, and to adjust next dose. Some patients find post-prandial checking can also be helpful.
- For people with type 2 diabetes, basal-bolus / MDI may be given in combination with non-secretagogue or injectable (GLP-1 analogue) medications.
- Basal-bolus / MDI would not typically be used in combination with secretagogue medications.

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<tr>
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<th>breakfast</th>
<th>lunch</th>
<th>supper</th>
<th>bedtime</th>
<th>night</th>
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<tbody>
<tr>
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<td>before</td>
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<tr>
<td>Insulin</td>
<td>Rapid/regular (bolus)</td>
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<td>NPH/long (basal)</td>
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<tr>
<td>SMBG pattern 1: Starting or Stable</td>
<td>SMBG test</td>
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<td>SMBG pattern 2: Intensive management</td>
<td>SMBG test</td>
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</tbody>
</table>

**Adjustment**
- Basal insulin
  - ↑ if BG hi
  - ↓ if BG low
- Pre-breakfast bolus insulin
  - ↑ if BG hi
  - ↓ if BG low
- Pre-lunch bolus insulin
  - ↑ if BG hi
  - ↓ if BG low
- Pre-supper bolus insulin
  - ↑ if BG hi
  - ↓ if BG low
- Basal insulin
  - ↓ if BG low

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