

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

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

## Pattern Recommendation: Diagnosis of type 2 diabetes in the past 6 months or not meeting glycemic targets

Check  $\geq 1$  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								
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