

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

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

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 hypoglycemia occurs and/or has occurred.

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



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