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

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

Pattern Recommendation: Premixed Insulin (or NPH twice daily)

Insulin doses are typically given pre-breakfast and pre-supper. SMBG at least as often as insulin is being given.

- SMBG QID until glycemic targets are met
- SMBG BID (alternating times) is usually sufficient once glycemic targets are met.
- Premixed insulin may be given in combination with non-secretagogue or injectable (GLP-1 analogue) medications.
- Premixed insulin would not typically be used in combination with secretagogue medications.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after	bedtime	e night
Insulin	Premix/ NPH				Premix/ NPH			
SMBG pattern 1: Starting	SMBG test		SMBG test		SMBG test		SMBG test	
SMBG pattern 2: Stable Alternating daily	SMBG test				SMBG test			
			SMBG test				SMBG test	
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Adjustment	Pre-supper insulin		Pre- breakfast insulin		Pre- breakfast insulin		Pre-supper insulin	
	↑ if BG hi ↓ if BG low		↑ if BG hi ↓ if BG low		↑ if BG hi ↓ if BG low		↑ if BG hi ↓ if BG low	

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