

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

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

Pattern Recommendation: Patient is sick or starting a steroid medication

Check >2 times per day, to assist in lifestyle and/or medication changes until glycemic targets are met.

- If on a secretagogue, check also when hypoglycemia occurs and/or has occurred.
- Please pick *one* of the following SMBG patterns below.

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

Check >2 times per day, to assist in lifestyle and/or medication changes until glycemic targets are met.

- 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								



guidelines.diabetes.ca | 1-800 BANTING (226-8464) | diabetes.ca

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

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

Pattern Recommendation (continued): Patient is sick or starting a steroid medication

Check >2 times per day, to assist in lifestyle and/or medication changes until glycemic targets are met.

- 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								
Sunday								