

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		
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	
Adjustment	Pre-supper insulin ↑ if BG hi ↓ if BG low		Pre-breakfast insulin ↑ if BG hi ↓ if BG low		Pre-breakfast insulin ↑ if BG hi ↓ if BG low		Pre-supper insulin ↑ if BG hi ↓ if BG low	



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