

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

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

## Pattern Recommendation: QID (Basal-Bolus/Multiple Daily Injections [MDI])

Insulin doses are typically given as a rapid-acting analogue or regular insulin (bolus) before each meal, and NPH or long-acting analogue (basal) typically given at bedtime.

*SMBG at least as often as insulin is being given.*

- After meal testing is usually done 2 hours after the start of a meal.
- SMBG should be QID, pre-meal and bedtime, in order to assess previous dose, and to adjust next dose. Some patients find post-prandial checking can also be helpful.
- For people with type 2 diabetes, basal-bolus / MDI may be given in combination with non-secretagogue or injectable (GLP-1 analogue) medications.
- Basal-bolus / MDI would not typically be used in combination with secretagogue medications.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Insulin	Rapid/regular (bolus)		Rapid/regular (bolus)		Rapid/regular (bolus)		NPH/long (basal)	
SMBG pattern 1: Starting or Stable	SMBG test		SMBG test		SMBG test		SMBG test	
SMBG pattern 2: Intensive management	SMBG test	SMBG test	SMBG test	SMBG test	SMBG test	SMBG test	SMBG test	SMBG test
Adjustment	Basal insulin ↑ if BG hi ↓ if BG low	Pre-breakfast bolus insulin ↑ if BG hi ↓ if BG low	Pre-lunch bolus insulin ↑ if BG hi ↓ if BG low	Pre-supper bolus insulin ↑ if BG hi ↓ if BG low	Basal insulin ↓ if BG low			



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