

# Self-Monitoring Blood Glucose (SMBG)

## Frequency & Pattern Tool

<http://guidelines.diabetes.ca/bloodglucoselowering/smbgcalculator>

### Pattern Recommendation:

#### Diagnosis of type 2 diabetes in the past 6 months

Check  $\geq 1$  time per day, on average, and at different times of day to learn the effects of various meals, exercise and/or medications on blood glucose.

- After meal testing is usually done 2 hours after the start of a meal.
- Please pick *one* of the following SMBG patterns below

#### SMBG basic pattern

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

#### SMBG pattern to learn the effects of various meals

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

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### Pattern Recommendation (continued):

#### Diagnosis of type 2 diabetes in the past 6 months

##### SMBG pattern to learn the effects of exercise

- Sometimes benefit is seen 4 -8 hours later, so alternate post-exercise testing times.

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

##### SMBG to get a snapshot of blood glucose levels throughout the day, on one day of the week, which is a typical day.

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

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### Pattern Recommendation (continued):

#### Diagnosis of type 2 diabetes in the past 6 months

Additional testing table.

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