

Self-Monitoring Blood Glucose (SMBG)

Frequency & Pattern Tool

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

Pattern Recommendation:

Type 2 diabetes: Patient is sick or starting a steroid medication

May involve SMBG ≥ 2 times per day

- After meal testing is usually done 2 hours after the start of a meal.
- These SMBG patterns are only to be used for a short time until patient is off steroids (or on a stable dose) or acute illness has resolved.

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