

when to check your basal rates

test your basal rates when:

- your last carb or correction bolus was 4 hrs ago
- you feel comfortable to skip eating for 6 - 8 hrs (you may have water, but it's best to avoid caffeine)
- your blood sugar is 5.7-10 mmol/l
- you have not performed strenuous or prolonged exercise in the past 8 hrs

* if your blood sugar drops below 4 mmol/L then treat and re-test in 15 minutes as usual,
stop the test & let your diabetes educator know

* if your blood sugar is over 14 mmol/L, **stop the test** and give a correction dose

making adjustments

- your basal rate is adequate if your blood sugar stays within 1.7 mmol/L during the basal test
- keep in mind that basal rates need to be changed at least 2 hours before your blood sugar starts to rise or fall
- if you are unsure about how to make adjustments, speak to your diabetes educator for advice

1 | overnight basal test

date	time of last bolus	check BG @ 12AM	check BG @ 3AM	check BG when you wake up

2 | morning basal test

date	time of last bolus	check BG @ 7AM	check BG @ 9AM	check BG @ 11AM

3 | afternoon basal test

date	time of last bolus	check BG @ 12PM	check BG @ 2PM	check BG @ 4PM

4 | evening basal test

date	time of last bolus	check BG @ 6PM	check BG @ 8PM	check BG @ 10PM