

# how to test 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

## how to test:

- check your BG at the beginning of the test, then every 2 hrs for at least 4 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 |
|------|--------------------|----------------|----------------|-----------------|
|      |                    |                |                |                 |
|      |                    |                |                |                 |
|      |                    |                |                |                 |

