

MONTHLY BASAL RATE CHECKING WORKSHEET

How to use this worksheet:

- ◆ Use this worksheet to check basal rates every month.
- ◆ Use different colour pens, or circle blood glucose (BG) levels that are "over" target, and slash through BG that are "under" target
- ◆ Changes are made when 3 or more BG values at the same time of day are over or under target
- ◆ Make changes one period at a time (overnight, pre-breakfast, pre-lunch, pre-dinner, evening)
- ◆ Do not do basal check if there has been hypoglycemia, stress, strenuous activity or illness in the past 24-36 hours.
- ◆ Start basal check with BG value in target range

Week of: _____	<i>Example:</i> Target 4.5 to 7.0	Midnight Target ___ to ___	3:00 AM Target: ___ to ___	Fasting Pre-Breakfast Time: ___	Pre-Lunch Time: ___	Pre-Dinner Time: ___	Bedtime: Time: ___ Target: ___ to ___	Comments (things that may affect glucose)
				Target: ___ to ___				
Day 1	8.2							
Day 2	10.2							
Day 3	6.5							
Day 4	8.4							
Day 5	4.1							
Change basal: Yes/No	Yes ↑ Basal							

Basal adjustment recommendations:

If 3 or more BG values at the same time of day are over or under target, change basal rate 2-4 hours before that time.

- Change basal rate by ___ U/hr at a time.