

Testing Your Evening Basal Rate Worksheet

	BLOOD GLUCOSE			
	Test 1 date	Test 2 date	Test 3 date	Test 4 date
BEFORE LUNCH <i>Within target? Continue the test.</i>				
2 HOURS AFTER LUNCH <i>Over 50 mg/dl (2.8 mmol/L) higher than pre-lunch blood glucose? Stop test. Start test again tomorrow with an adjusted lunch bolus.</i>				
DINNERTIME (Do not eat dinner!) <i>Under 70 mg/dl (3.9 mmol/L)? Treat low and stop test. Start test again tomorrow with an adjusted basal rate. Over 250 mg/dl (13.9 mmol/L)? Stop test. Follow high blood glucose guidelines. Start test again tomorrow with an adjusted basal rate.</i>				
2 HOURS AFTER DINNERTIME <i>Same instructions as dinnertime.</i>				
4 HOURS AFTER DINNERTIME <i>Same instructions as dinnertime.</i>				
6 HOURS AFTER DINNERTIME <i>Same instructions as dinnertime.</i>				
BEDTIME <i>If you would like a snack, take a snack bolus and any necessary correction bolus. Call your healthcare provider for your basal rate adjustment.</i>				
BASAL RATE ADJUSTMENTS (units/hour)				
CURRENT	Test 1 date	Test 2 date	Test 3 date	Test 4 date
Basal Rate #1: Start Time: 12AM u/hr_____				
Basal Rate #2: Start Time:_____ u/hr_____				
Basal Rate #3: Start Time:_____ u/hr_____				
Basal Rate #4: Start Time:_____ u/hr_____				