

Testing Your Overnight Basal Rate Worksheet

	BLOOD GLUCOSE			
	Test 1 date	Test 2 date	Test 3 date	Test 4 date
BEFORE DINNER <i>Within target? Continue the test.</i>				
2 HOURS AFTER DINNER <i>Over 50 mg/dl (2.8 mmol/L) higher than pre-dinner blood glucose? Stop test. Start test again tomorrow night with an adjusted dinner bolus.</i>				
BEDTIME <i>Under 100 mg/dl (5.6 mmol/L)? Stop the test and eat a snack. Start test again tomorrow night with an adjusted meal bolus. Over 250 mg/dl (13.9 mmol/L)? Stop test. Follow high blood glucose guidelines. Start test again tomorrow with adjusted basal rate.</i>				
OVERNIGHT (2-3 AM) <i>Under 90 mg/dl (5 mmol/L)? Stop test and eat a snack. Start test again tomorrow night with an adjusted basal rate. Over 250 mg/dl (13.9 mmol/L)? Stop test. Follow high blood glucose guidelines. Start test again tomorrow night with adjusted basal rate.</i>				
BREAKFAST TIME (Do not eat breakfast!) <i>Under 70 mg/dl (3.9 mmol/L)? Treat low and stop test. Start test again tomorrow night with an adjusted basal rate. Over 250 mg/dl (13.9 mmol/L)? Stop test. Follow high blood glucose guidelines. Start test again tomorrow night with an adjusted basal rate.</i>				
2 HOURS AFTER BREAKFAST TIME <i>Same instructions as breakfast time.</i>				
4 HOURS AFTER BREAKFAST TIME <i>Same instructions as breakfast time.</i>				
BEFORE LUNCH (Eat Lunch!) <i>Take lunch 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_____				