

EASY BASAL RATE TESTING

From the work of Rosanna Hannum

Time of Day: _____ **BREAKFAST** Eat breakfast.
Blood Glucose Level _____ Give breakfast insulin and correction if needed.
Don't eat again for 5 hours

3HRS AFTER BREAKFAST

Time of Day: _____ If this number is hyperglycemic or hypoglycemic,
Blood Glucose Level _____ your boluses need **READING** to be
adjusted. (Either meal or correction, or both)

4HRS AFTER BREAKFAST

Time of Day: _____ This number should not be >1.67mmol (30mg/dl)
Blood Glucose Level _____ different from the 3 hour number.
If it is, the basals are off.

5HRS AFTER BREAKFAST/LUNCH

Time of Day: _____ This number should not be >1.67 mmol (30mg/dl)
Blood Glucose Level _____ different from the 3 hour number.
If it is, the basals are off.
Eat Lunch. Give lunch insulin and correction if needed.
Don't eat again for 6 hours

3HRS AFTER LUNCH

Time of Day: _____ If this number is hyperglycemic or
Blood Glucose Level _____ hypoglycemic, your boluses need to be
adjusted. (Either meal or correction, or both)

4HRS AFTER LUNCH

Time of Day: _____ This number should not be >1.67 mmol
Blood Glucose Level _____ (30mg/dl) different from the 3 hour number.
If it is, the basals are off.

5HRS AFTER LUNCH

Time of Day: _____ This number should not be >1.67 mmol(30mg/dl)
Blood Glucose Level _____ different from the 3 hour number.
If it is, the basals are off.

6HRS AFTER LUNCH/SUPPER

Time of Day: _____ This number should not be >1.67 mmol(30mg/dl)
Blood Glucose Level _____ different from the 1ST 3 hour number.
(FROM BEFORE LUNCH.) If it is, the basals are off.
Eat dinner. Give dinner insulin and correction if needed.
Don't eat again until breakfast.

3HRS AFTER SUPPER

Time of Day: _____
Blood Glucose Level _____

6HRS AFTER SUPPER. BEDTIME

Time of Day: _____ This number should not be >1.67mmol(30mg/dl)
Blood Glucose Level _____ different from the previous number.
If it is, the basals are off.

3HRS AFTER BEDTIME

Time of Day: _____ This number should not be >1.67mmol(30mg/dl)
Blood Glucose Level _____ different from the previous number.
If it is, the basals are off.

6HRS AFTER BEDTIME

Time of Day: _____ This number should not be >1.67mmol(30mg/dl)
Blood Glucose Level _____ different from the previous number.
If it is, the basals are off.

3HRS AFTER BEDTIME

Time of Day: _____ This number should not be >1.67(30mg/dl)
Blood Glucose Level _____ different from the previous number. If it is, the
basals are off.

