

Testing Your AFTERNOON DAY Basal Worksheet (Noon to 5 pm)

(No lunch and no food or bolus doses until 5 pm).

NAME: _____ PHONE: _____

Test Number:	Test 1	Test 2	Test 3	Comments:
Date:				
Lunch BG (Test start time)				
1pm BG				
2pm BG				
3pm BG				
4pm BG				
5pm BG				

PRESENT BASAL RATE PROFILE:

Basal Rate #1: Start Time 12am units per hour _____

Basal Rate #2: Start Time _____ units per hour _____

Basal Rate #3: Start Time _____ units per hour _____

Basal Rate #4: Start Time _____ units per hour _____

Basal Rate #5: Start Time _____ units per hour _____

Basal Rate #6: Start Time _____ units per hour _____

Guide to testing:

- Plan the test on a regular routine day for you when nothing out of the ordinary such as an overnight or morning hypo, or illness or stress is occurring.
- You can have an early morning tea around 9am, but try to avoid high fat/high carb foods (eg cakes, desserts, pastries). Dose for this as usual, but do not have anything more to eat or bolus after this and during the test time.
- Start the test at 12 noon (at least 3 hours after your last bolus). Continue to test and record blood glucose levels each hour until 5pm, while continuing to fast and not administering bolus insulin.
- **Stop the test at anytime if you feel unwell or your blood glucose level falls below 4 mmol/l or rises above 15 mmol/l.**

Testing Your EVENING Basal Worksheet

(No Dinner and no food or bolus doses until Bedtime).

NAME: _____ Phone: _____

Test:	Test 1	Test 2	Test 3	Comments:
Date:				
Dinner BG (Test start time)				
1 hr BG				
2 hr BG				
3 hr bG				
4 hr BG				
Bedtime BG				

PRESENT BASAL RATE PROFILE:

Basal Rate #1: Start Time 12am units per hour _____

Basal Rate #2: Start Time _____ units per hour _____

Basal Rate #3: Start Time _____ units per hour _____

Basal Rate #4: Start Time _____ units per hour _____

Basal Rate #5: Start Time _____ units per hour _____

Basal Rate #6: Start Time _____ units per hour _____

Guide to testing:

- Plan the test on a regular routine day for you when nothing out of the ordinary such as a hypo, more than usual exercise, illness or stress is occurring.
- Have a lunch that you know the exact carbohydrate content for, so that you can accurately bolus. Do not have anything more to eat or bolus after this and during the test time.
- Start the test at dinner time (ensure more than 3 hours after your lunch bolus) but do not eat or bolus for dinner. Continue to test and record blood glucose levels each hour until bedtime, while continuing to fast and not administering bolus insulin.
- **Stop the test at anytime if you feel unwell or your blood glucose level falls below 4 mmols or rises above 15 mmols.**
- The test is finished at bed time, so if you would like to eat a meal or snack at this time, bolus for this normally.

Testing Your MORNING DAY Basal Worksheet

(No breakfast and no food or bolus doses until 12 noon).

NAME: _____ Phone: _____

Test Number: Date:	Test 1	Test 2	Test 3	Comments:
At Wake Up 7am BG				
8am BG				
9am BG				
10am BG				
11am BG				
12 noon BG				

PRESENT BASAL RATE PROFILE:

Basal Rate #1: Start Time 12am units per hour _____

Basal Rate #2: Start Time _____ units per hour _____

Basal Rate #3: Start Time _____ units per hour _____

Basal Rate #4: Start Time _____ units per hour _____

Basal Rate #5: Start Time _____ units per hour _____

Basal Rate #6: Start Time _____ units per hour _____

Guide to testing:

- Plan the test on a regular routine day for you when nothing out of the ordinary such as an overnight hypo, or illness or stress is occurring.
- On waking, do not have anything to eat or bolus.
- Continue to test and record blood glucose levels each hour until 12 noon, while continuing to fast and not administering bolus insulin.
- **Stop the test at anytime if you feel unwell or your blood glucose level falls below 4 mmols or rises above 15 mmols.**

NAME: _____ Phone: _____

Testing Your Overnight Basal Worksheet

Test Number: Date:	Test 1	Test 2	Test 3	Comments:
At Start 9 pm BG				
Midnight BG				
3 am BG				
6 am BG				

PRESENT BASAL RATE PROFILE:

Basal Rate #1: Start Time: 12am units per hour: _____

Basal Rate #2: Start Time: _____ units per hour: _____

Basal Rate #3: Start Time: _____ units per hour: _____

Basal Rate #4: Start Time: _____ units per hour: _____

Basal Rate #5: Start Time: _____ units per hour: _____

Basal Rate #6: Start Time: _____ units per hour: _____

Guide to testing:

- Plan the test on a 'typical' day – where there has been no hypo, illness, stress, increased physical activity or alcohol intake that day
- Eat an early dinner (by 6 pm) that you can accurately count the carbohydrate. Do bolus insulin for this meal accurately. Do not have a high fat meal (eg. pizza, pasta, takeaway food).
- Do not eat or administer bolus insulin after dinner (6pm) or during the test period
- **Stop the test immediately if you feel unwell or your blood glucose level falls below 4 mmol/l or rises above 15 mmol/l.**
- If blood glucose level falls below 4 mmol/l treat as you would a 'hypo' and document.