

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.



Afternoon Basal Rate Testing Worksheet

Name _____ Nurse _____ Fax # for clinic _____

- At breakfast, eat a balanced meal.
- Do **not** eat again until suppertime. That means do **not** eat lunch or give lunch rapid-acting insulin.
- At the time you'd normally have lunch, make sure you haven't had anything to eat for 5 hours.
- Only drink water until the test is done.
- Do **not** drink alcohol during the day until the test is done.
- Do **not** exercise during the day until the test is done.
- In the table below where it says **lunchtime**, you should start with a blood sugar in the 5.6 to 8.3 mmol/L range.
- If you go 'low' or 'high' during the test, you didn't fail the test. It just tells us that you need to adjust your basal rates. Stop the test and treat the low or high as you normally would.

Date _____

	Lunchtime	After 1 hour	After 2 hours	After 3 hours	After 4 hours	Before supper
Blood sugar						
Basal rate						

Date _____

	Lunchtime	After 1 hour	After 2 hours	After 3 hours	After 4 hours	Before supper
Blood sugar						
Basal rate						

Date _____

	Lunchtime	After 1 hour	After 2 hours	After 3 hours	After 4 hours	Before supper
Blood sugar						
Basal rate						