

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.



Evening Basal Rate Testing Worksheet

Name _____ Nurse _____ Fax # for clinic _____

- At lunchtime, eat a balanced meal.
- Do **not** eat again until bedtime. That means do **not** eat supper or give supper rapid-acting insulin.
- At the time you'd normally have supper, 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 **supper time**, you should start with a blood sugar in the 5.6 to 8.3mmol/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 _____

| | Supper time | After 1 hour | After 2 hours | After 3 hours | After 4 hours | Bedtime |
|-------------|-------------|--------------|---------------|---------------|---------------|---------|
| Blood sugar | | | | | | |
| Basal rate | | | | | | |

Date _____

| | Supper time | After 1 hour | After 2 hours | After 3 hours | After 4 hours | Bedtime |
|-------------|-------------|--------------|---------------|---------------|---------------|---------|
| Blood sugar | | | | | | |
| Basal rate | | | | | | |

Date _____

| | Supper time | After 1 hour | After 2 hours | After 3 hours | After 4 hours | Bedtime |
|-------------|-------------|--------------|---------------|---------------|---------------|---------|
| Blood sugar | | | | | | |
| Basal rate | | | | | | |