

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.



## Morning Basal Rate Testing Worksheet

Name \_\_\_\_\_ Nurse \_\_\_\_\_ Fax # for clinic \_\_\_\_\_

- Do **not** eat breakfast or give breakfast rapid-acting insulin. Do **not** eat again until lunchtime.
- At the time you'd normally have breakfast, make sure you haven't had anything to eat for 5 hours.
- Only drink water until the test is done.
- In the table below where it says **when you wake up**, 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 \_\_\_\_\_

	When you wake up	After 1 hour	After 2 hours	After 3 hours	After 4 hours	Before lunch
Blood sugar						
Basal rate						

Date \_\_\_\_\_

	When you wake up	After 1 hour	After 2 hours	After 3 hours	After 4 hours	Before lunch
Blood sugar						
Basal rate						

Date \_\_\_\_\_

	When you wake up	After 1 hour	After 2 hours	After 3 hours	After 4 hours	Before lunch
Blood sugar						
Basal rate						