

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.



Overnight Basal Rate Testing Worksheet

Name _____ Nurse _____ Fax # for clinic _____

- At suppertime, eat a balanced meal. Do **not** eat again until breakfast.
- At bedtime, make sure you haven't had anything to eat for 5 hours. That means do **not** have a bedtime snack or give rapid-acting insulin.
- Only drink water until the test is done.
- Do **not** drink alcohol.
- In the table below where it says **bedtime**, 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 _____

	Bedtime	Midnight	3 a.m.	6 a.m.	Before breakfast
Blood sugar					
Basal rate					

Date _____

	Bedtime	Midnight	3 a.m.	6 a.m.	Before breakfast
Blood sugar					
Basal rate					

Date _____

	Bedtime	Midnight	3 a.m.	6 a.m.	Before breakfast
Blood sugar					
Basal rate					