

## Self Blood Glucose Monitoring Recommendations

1. If on oral agents other than sulfonylurea, and A1c consistently <7%, and not actively titrating medications, check 1 to 3 times weekly fasting.
2. If on oral agents including sulfonylurea, and A1c consistently <7%, and no history of hypoglycemia, check fasting glucose 3 times weekly.
3. If on oral agents and A1c >7%, check once daily. May ask to check once daily at alternating times (fasting and 2 hours after largest meal) if concerned about postprandial values. Increase to twice daily when concerned about hypoglycemia, evaluating diet, or currently titrating medications.
4. If on long-acting insulin once a day, check once daily. May ask to check twice daily at alternating times (fasting and 2 hours after meals) if concerned about postprandial values, evaluating diet, or are evaluating the need for short acting insulin. Check twice daily if there is concern about hypoglycemia.
5. If on twice daily or split-mix insulin injections, check sugars twice a day. Target insulin peak. If on NPH check twice daily, check glucose pre-breakfast and either pre-lunch or pre-supper. If on 70/30 or mix NPH/REG check twice daily, alternating pre-meal, post-meal, and bedtime to determine need for split and mix or further titration for meal coverage. Increase to 3 times daily if concerned about hypoglycemia, evaluating diet, or currently titrating. May need to check 2 to 3 am blood sugar 2 to 3 times a week to evaluate for nocturnal hypoglycemia. This should only occur should patient report or fasting blood sugar results warrant.
6. If on multiple daily injections, check 2 to 3 times daily, fasting and at alternating times (pre-meals, 2 hours after meals, and at bedtime). Increase to 4 times daily when there is concern of hypoglycemia, evaluating diet, or are currently titrating. It may be necessary to check both pre-meal and 2 hours after the same meal to evaluate the effectiveness of the dose of short acting insulin. It is acceptable for the blood glucose to rise 40 points.