
INSULIN PUMP BASAL RATE TESTING SCHEDULE

You can test whether your insulin pump basal rates are set correctly by not eating and not taking any bolus doses for a controlled period of time. Starting with the overnight period, test, adjust your rate, and retest until your blood glucose level changes by no more than 30 mg/dl between bedtime and when you wake up. When one rate is set, move on to the next time period.

TEST TIME PERIOD	EAT AND BOLUS NO LATER THAN:	CHECK BLOOD GLUCOSE AT:	OK TO EAT AND BOLUS AGAIN AFTER:
OVERNIGHT	7 PM (Eat dinner, then skip evening snacks.)	11 PM, 1 AM, 3 AM, 5 AM, 7 AM	7 AM
MORNING	3 AM (Have a bedtime snack, then skip breakfast and morning snack.)	7 AM, 9 AM, 11 AM, 12 noon	12 noon
AFTERNOON	8 AM (Eat breakfast, then skip morning snack, lunch, and afternoon snacks.)	12 noon, 2 PM, 4 PM, 6 PM	6 PM
EVENING	2 PM (Eat late lunch, then skip afternoon snack. Have dinner near bedtime.)	6 PM, 8 PM, 10 PM, 11 PM	11 PM

Diabetes Self-Management, "Getting Down to Basals" by Gary Scheiner, MS, CDE

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