

# EXAMPLES OF SMBG REGIMENS<sup>1\*</sup>



## 5-point profile

	Pre-Breakfast	Post-Breakfast	Pre-Lunch	Post-Lunch	Pre-Dinner	Post-Dinner	Bedtime
Monday							
Tuesday							
Wednesday	X	X		X	X	X	
Thursday	X	X		X	X	X	
Friday	X	X		X	X	X	
Saturday							
Sunday							

## 7-point profile

	Pre-Breakfast	Post-Breakfast	Pre-Lunch	Post-Lunch	Pre-Dinner	Post-Dinner	Bedtime
Monday							
Tuesday	X	X	X	X	X	X	X
Wednesday	X	X	X	X	X	X	X
Thursday	X	X	X	X	X	X	X
Friday							
Saturday							
Sunday							

\*Useful for individuals who:

- Have symptoms of hypoglycemia
- Have infections
- Are traveling or under stress
- Are undergoing adjustments in medication, nutrition and/or physical activity
- Are entering a new life experience (e.g. changing work hours, starting new job)
- Are experiencing worsening HbA1C values

## 'Staggered' SMBG regimen

	Pre-Breakfast	Post-Breakfast	Pre-lunch	Post-Lunch	Pre-Dinner	Post-Dinner	Bedtime
Monday	X	X					
Tuesday			X	X			
Wednesday					X	X	
Thursday	X	X					
Friday			X	X			
Saturday					X	X	
Sunday	X	X					

\*Useful for individuals who wish to see the effect of different foods

## Detection/assessment of fasting hyperglycaemia

	Pre-Breakfast	Post-Breakfast	Pre-lunch	Post-Lunch	Pre-Supper	Post-Supper	Bedtime
Monday							X
Tuesday	X						
Wednesday							X
Thursday	X						
Friday							X
Saturday	X						
Sunday							

\*Bedtime and morning fasting blood sugar levels can be used to identify fasting and assess fasting hyperglycemia

### References:

1. International Diabetes Federation Guideline on Self-Monitoring of Blood Glucose in Non-insulin Treated Type 2 Diabetes (2009).

[www.accu-chek.com.sg](http://www.accu-chek.com.sg)

Roche Diabetes Care Asia Pacific Pte Ltd

8 Kallang Avenue #11-07/09 Aperia Tower 1 Singapore 339509

Accu-Chek ExtraCare Line: 6272 9200

ACCU-CHEK and ACCU-CHEK Blood glucose testing are trademarks of Roche.

© 2021 Roche Diabetes Care.