ACCU-CHEK® Insight

Roche

Basal Rate Testing Note Pad

Why test your basal rate?

The purpose of testing your basal rate is to ensure that it is meeting your body's requirements.

The key steps to achieving good results from pump therapy are:

Step 1: Ensure your basal rate is well adjusted to your needs

Step 2: Ensure your personal ratios (insulin sensitivity and carb ratios) are well adjusted to your needs

Basal rates should be tested periodically as your body requirements may change with physical activity, weight changes, seasons and age.

ACCU-CHEK®

How to test your basal rate?

- ✓ Testing a basal rate involves **fasting** (no intake of carbohydrate) from at least 4 hours before and including the period you are testing.
- ✓ **Regular testing of your blood glucose levels** during the fasting period will tell you how effective your basal rate is.
- ✓ Divide your day into 4 or 5 time blocks (overnight, morning, afternoon or evening). **Fast through only one block per day**.
- ⚠ Make sure your blood glucose is in target before the beginning of the testing period (ideally between 5 – 8 mmol/L and definitely less than 13 mmol/L).

DO's:

- ✓ Have your last meal 4 hours prior to your testing time block. Give a standard bolus with your last meal (not an Extended or a Multiwave bolus).

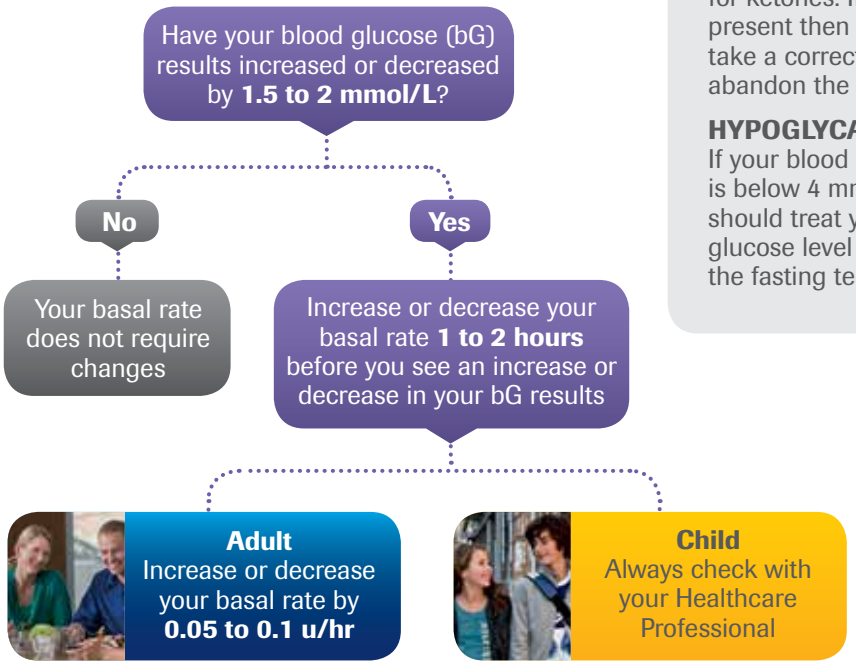
  4 hours allows all your active bolus insulin to have finished working and for food to be digested.
- ✓ Avoid low glycaemic index or high fat meals such as pizza, curries or pasta as your last meal, as they can continue to affect your blood glucose levels for several hours.
- ✓ Take carbohydrate-free meals or snacks.
- ✓ Test your blood sugar levels every 2 hours and record the results.
- ✓ Check your insulin sites are in good condition.

DO NOT:

- ✗ Do not have any snacks or meals containing carbohydrate during the testing period.
- ✗ Do not drink alcohol (even if carb free) as alcohol affects the way the liver works and may induce hypos.
- ✗ Do not test if you have had a hypo 6 to 12 hours prior to the testing period.
- ✗ Do not test on days when you are really active or not feeling too well.

What to do with the results?

Always check with your Healthcare Professional first.
It is usually recommended to follow the chart below:



Important Note:

HYPERGLYCAEMIA:
If your blood glucose levels go above 13 mmol/L, test for ketones. If ketones are present then you should take a correction dose and abandon the fasting test.

HYPOGLYCAEMIA:
If your blood glucose level is below 4 mmol/L, you should treat your low blood glucose level and abandon the fasting test.

⚠ Only make small changes to your basal rate as it depends on individual sensitivity to insulin. It is always possible to increase or decrease the basal rate again later.

Repeat your fasting test within a few days to evaluate whether the changes have been successful.

Basal Rate Testing Note Pad

Overnight 22.00 – 02.00 & 02.00 – 07.00

Date:

		Overnight 1 Fasting								Overnight 2 Fasting															
Time		18.00	19.00	20.00	21.00	22.00	23.00	00.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00
Current Basal Rate (u/hr)																									
Last meal marker (✖) and last bolus (4 hours before fasting starts)																									
Blood Glucose Testing (•)						•		•		•		•		•											
Blood Glucose Results (mmol/L). Graph your blood glucose level by placing an X in the corresponding row of the chart. Then connect the Xs.	14																								
	13																								
	12																								
	11																								
	10																								
	9																								
	8																								
	7																								
	6																								
	5																								
	4																								
New Basal Rate (u/hr)																									

Notes: Food diary, insulin adjustment required, question to your Healthcare Professional.

Basal Rate Testing Note Pad

Morning 07.00 – Midday

Date:

Time	22.00	23.00	00.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
											Morning													
											Fasting													
Current Basal Rate (u/hr)																								
Last meal marker (✖) and last bolus (4 hours before fasting starts)																								
Blood Glucose Testing (•)											•		•		•		•							
Blood Glucose Results (mmol/L). Graph your blood glucose level by placing an X in the corresponding row of the chart. Then connect the Xs. — 14																								
13																								
12																								
11																								
10																								
9																								
8																								
7																								
6																								
5																								
4																								
New Basal Rate (u/hr)																								

Notes: Food diary, insulin adjustment required, question to your Healthcare Professional.

Basal Rate Testing Note Pad

Afternoon Midday – 18.00

Date:

		Afternoon																							
		Fasting																							
Time		06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	23.00	00.00	01.00	02.00	03.00	04.00	05.00
Current Basal Rate (u/hr)																									
Last meal marker (✖) and last bolus (4 hours before fasting starts)																									
Blood Glucose Testing (•)								•		•		•		•											
Blood Glucose Results (mmol/L). Graph your blood glucose level by placing an X in the corresponding row of the chart. Then connect the Xs.	14																								
	13																								
	12																								
	11																								
	10																								
	9																								
	8																								
	7																								
	6																								
	5																								
	4																								
New Basal Rate (u/hr)																									

Notes: Food diary, insulin adjustment required, question to your Healthcare Professional.

Basal Rate Testing Note Pad

Evening 18.00 – 22.00

Date:

Time	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	23.00	00.00	01.00	02.00	03.00	04.00	05.00	06.00	07.00	08.00	09.00	10.00
								Evening																
								Fasting																
Current Basal Rate (u/hr)																								
Last meal marker (✖) and last bolus (4 hours before fasting starts)																								
Blood Glucose Testing (•)									•		•		•											
Blood Glucose Results (mmol/L). Graph your blood glucose level by placing an X in the corresponding row of the chart. Then connect the Xs.																								

14	
13	
12	
11	
10	
9	
8	
7	
6	
5	
4	

New Basal Rate (u/hr)

Notes: Food diary, insulin adjustment required, question to your Healthcare Professional.

Advice about Carb Free meal

The foods below are “carb free” and can be eaten during fasting. In doubt, always check the food labels.

It’s ok to eat:

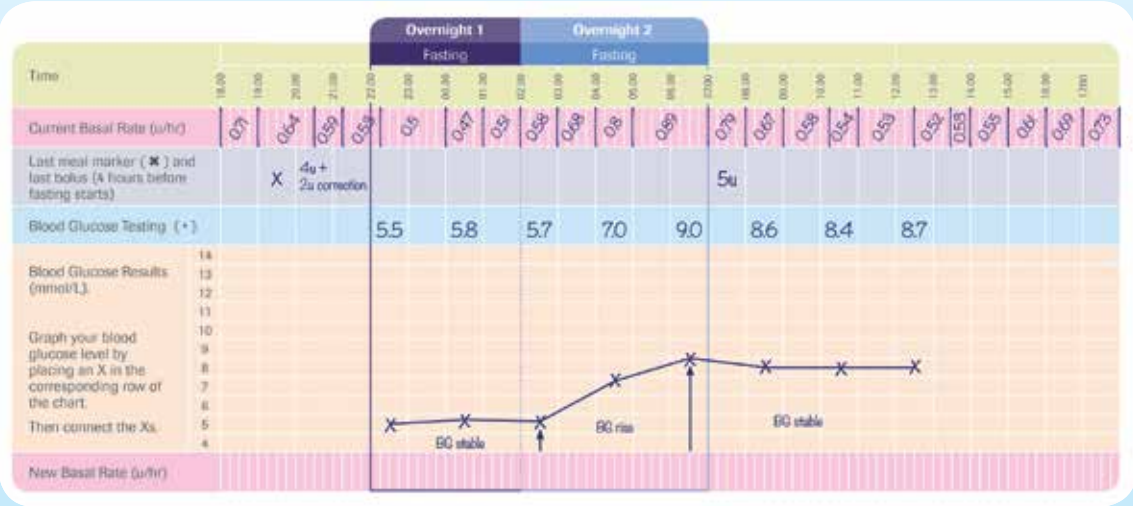
- ✓ Eggs
- ✓ Fish (no bread crumbs)
- ✓ Meat
- ✓ Chicken
- ✓ Hard cheese
- ✓ Green Salad (e.g. lettuce, rocket)

Do not eat:

- ✗ Root vegetables (e.g. potatoes, carrots)
- ✗ Pulses (e.g. lentils, beans)
- ✗ Peas or sweetcorn
- ✗ Rice, pasta, bread or products containing flour or grains
- ✗ Milk or yoghurt
- ✗ Fruit or fruit juices

What to do with the results?

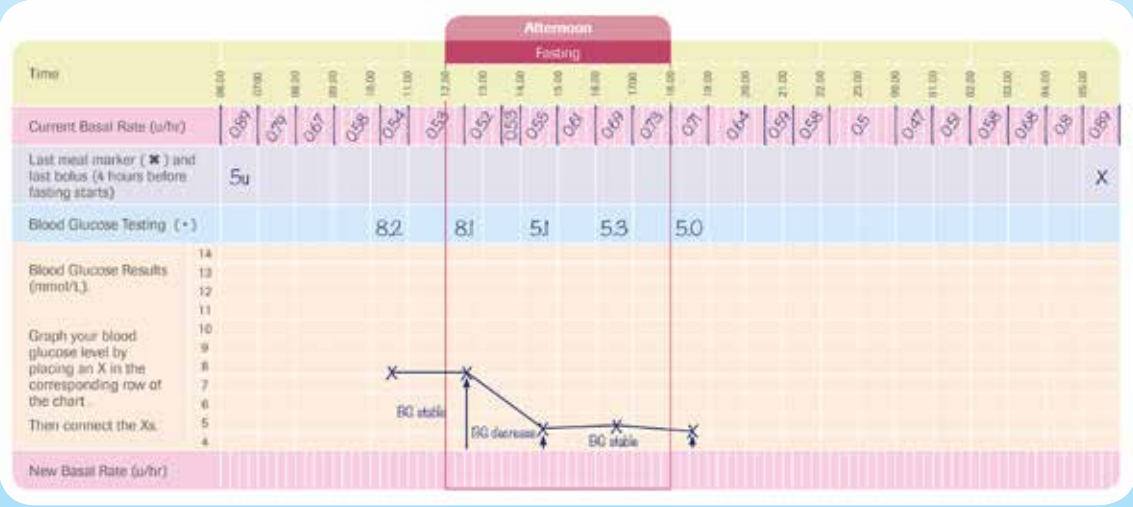
Example 1



Notes

BG rises between 2am and 6am

Example 2

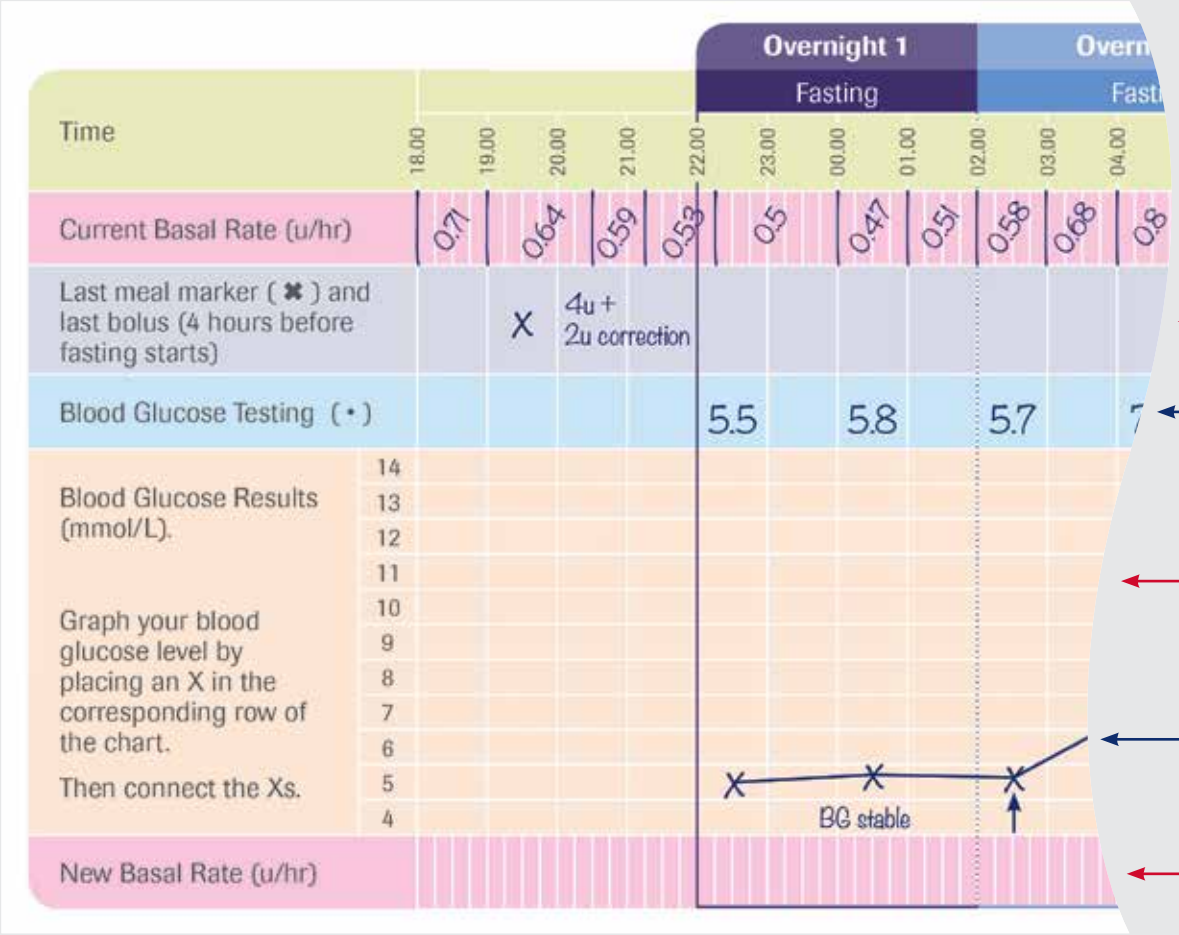


Notes

BG decreases between 12pm and 2pm

ACCU-CHEK® Insight

Basal Rate Testing Note Pad User Guide



Step 1

Write your current basal rate (u/hr)

Step 2

Mark a "x" when you had your last meal and your last bolus. This must be 4 hours before your fasting starts

Step 3

Record your blood glucose (bG) results

Step 4

Graph your bG readings by placing an "x" in the corresponding row of the chart and connect the "x"s

Step 5

Check if your bG results increase or decrease at any time during fasting by 1.5 to 2 mmol/L

Step 6

If they do, increase or decrease your basal rate 1 to 2 hours before you see your bG increase or decrease and record your new basal rate (u/hr)

Always check with your Healthcare professional

07183402001

ACCU-CHEK and ACCU-CHEK AVIVA COMBO and are trademarks of Roche. The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Roche is under license. © 2014 Roche Diagnostics Limited.

Roche Diagnostics Limited, Charles Avenue, Burgess Hill, RH15 9RY. Company registration number: 571546
www.accu-chek.co.uk www.accu-chek.ie

ACCU-CHEK®