



## INSTRUCTIONS FOR BASAL-BOLUS/PUMP BLOOD GLUCOSE LOG

See the attached sample below to help you with accurate recording of blood glucose, carbohydrate and insulin doses.

**B/G = blood glucose**

**CHO = carbohydrate**

**Bolus+ = rapid insulin for food + correction (if needed)**

**Basal Insulin = amount of Lantus® or Levemir® or pump basal profile settings**

Date		Night	Breakfast		Lunch		Supper		Bed	Basal Insulin	Comments:
Mon	Time										
	B/G										
	CHO										
	Bolus +										
Date		Night	Breakfast		Lunch		Supper		Bed	Basal Insulin	Comments:
Tue May 1/2015	Time	3 a.m.	7:30	1000	1200	3:30	7 pm	9 pm	1145	12 Lantus	
	B/G	4.5	6.9		8.3		11.3		10.3	9-9:30 pm	
	CHO	10	60	10	45	60	30				
	Bolus +		4		3	4	2+1				
Date		Night	Breakfast		Lunch		Supper		Bed	Basal Insulin	Comments:
Wed	Time	2 am	8 am		1 pm	3:30	5:30	10 pm			*Gave 20 CHO No bolus (playing 8:30-9 p.m.)
	B/G	14.3	18.4		4.7	12.7	7.1	5.8*			
	CHO		30		60	0	90	20			
	Bolus +		2+1.5		4	+1	6	0			

### When Recording:

#### Time

- Record the time that a blood glucose check was done, insulin taken or carbohydrate eaten.
- Note: any actions occurring after midnight (24 hours) should be recorded on the actual day.

#### CHO

- Record the amount and time that CHO was eaten

#### Bolus

- You do not need to record the name or your rapid-acting insulin, only the dose.
- Record the name and time that a bolus was given even if you do not do a blood glucose check. See example: Tuesday at 3:30.
- If the blood sugar is above target, add the correction dose to the food insulin. See example Wednesday at 8 a.m., 2 units was given for a breakfast of 30 grams of CHO + 1.5 extra to correct the blood sugar of 18.4 mmol/L.

#### Basal Insulin

- You do not need to record basal insulin every day, unless you make changes to the dose.
- Record the usual time of day that Lantus® or Levemir® is given.

#### Comments

- Record special occasions, activity or illness in this section.

**Blood Glucose Log for \_\_\_\_\_**      **Insulin Carb Ratio: Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Dinner \_\_\_\_\_ Bedtime \_\_\_\_\_**

Date		Night	Breakfast	Lunch	Supper	Bed	Basal Insulin	Comments:
Mon	Time							
	B/G							
	CHO							
	Bolus +							
Tue	Time							
	B/G							
	CHO							
	Bolus +							
Wed	Time							
	B/G							
	CHO							
	Bolus +							
Thu	Time							
	B/G							
	CHO							
	Bolus +							
Fri	Time							
	B/G							
	CHO							
	Bolus +							
Sat	Time							
	B/G							
	CHO							
	Bolus +							
Sun	Time							
	B/G							
	CHO							
	Bolus +							