

#4

Worksheet to Assess Evening Basal

Guidelines:

- Eat a carb free dinner
- Avoid strenuous exercise on day of assessment
- At start of assessment dinner blood sugar must be under 250 (DO NOT GIVE CORRECTION)
- Blood sugar above 300 **STOP** assessment and give correction
- Blood sugar under 80 **STOP** assessment and treat
- Check BG every 1-2 hours throughout the evening (you may use sensor glucose readings instead of checking BG, if you have been wearing your sensor for at least 12 hours or longer)
- This assessment does NOT need to be done on consecutive days

#1 Evening

START					END
Time:	Time:	Time:	Time:	Time:	Time:
BG:	BG:	BG:	BG:	BG:	BG:

#2 Evening

START					END
Time:	Time:	Time:	Time:	Time:	Time:
BG:	BG:	BG:	BG:	BG:	BG:

#3 Evening

START					END
Time:	Time:	Time:	Time:	Time:	Time:
BG:	BG:	BG:	BG:	BG:	BG:

Please fax completed assessment to: 248-305-6845