

#1

Worksheet to Assess Overnight Basal

Guidelines:

- Do not eat carbs after dinner
- Avoid strenuous exercise on day of assessment
- At start of assessment 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 2-3 hours throughout the night (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 Night

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

#2 Night

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

#3 Night

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

Please fax completed assessment to: 248-305-6845