What is a blood glucose profile?
A blood glucose profile is a “snapshot” of your blood glucose fluctuations throughout the day to see how well your background and bolus doses of insulin are working for you.

How do you do a blood glucose profile?
To do a blood glucose profile, you will check your blood glucose at the following times of the day:
- Before breakfast
- 3 hours after breakfast
- Before lunch
- 3 hours after lunch
- Before supper
- At bedtime (9pm)
- 12 midnight
- 3am
- 6am
We like you to do the profile when you are first starting on the pump and then monthly.

Guidelines:
- 3 meals and no snacks with carbohydrates (unless you have a low blood sugar) when you are doing your profile.
- Only give bolus insulin at meals – do not do corrections at bedtime or overnight.
• If you have a low blood sugar at bedtime or overnight, do not do the profile.