



Blood Glucose Profile

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.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have questions about individual health concerns or specific treatment options.

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