



Amended Basal/Bolus Testing Worksheet
Do not correct high blood sugar in between meals

Eat low fat meals with known carbohydrate count

1. 7:00 a.m. _____ (blood sugar)
 - ❖ Eat breakfast.
 - ❖ Give insulin for food and blood sugar.
 - ❖ Do not eat again until 12:00 p.m.
2. 9:00 a.m. _____ (blood sugar)
3. 11:00 a.m. _____ (blood sugar)
4. 12:00 p.m. _____ (blood sugar)
 - ❖ Eat lunch.
 - ❖ Given insulin for food and blood sugar
 - ❖ Do not eat again until 6:00 p.m.
5. 2:00 p.m. _____ (blood sugar)
6. 3:00 p.m. _____ (blood sugar)
7. 4:00 p.m. _____ (blood sugar)
8. 5:00 p.m. _____ (blood sugar)
9. 6:00 p.m. _____ (blood sugar)
 - ❖ Eat dinner.
 - ❖ Give insulin for food and blood sugar.
10. 8:00 p.m. _____ (blood sugar)
11. 9:00 p.m. _____ (blood sugar)
12. Midnight _____ (blood sugar)
13. 3:00 a.m. _____ (blood sugar)
14. 6:00 a.m. _____ (blood sugar)

If blood sugars are hyperglycemic/hypoglycemic at 10:00 a.m., 3:00 p.m., and 9:00 pm. bolus rates need to adjusted. If fluctuations are high, basal rates need to be adjusted.