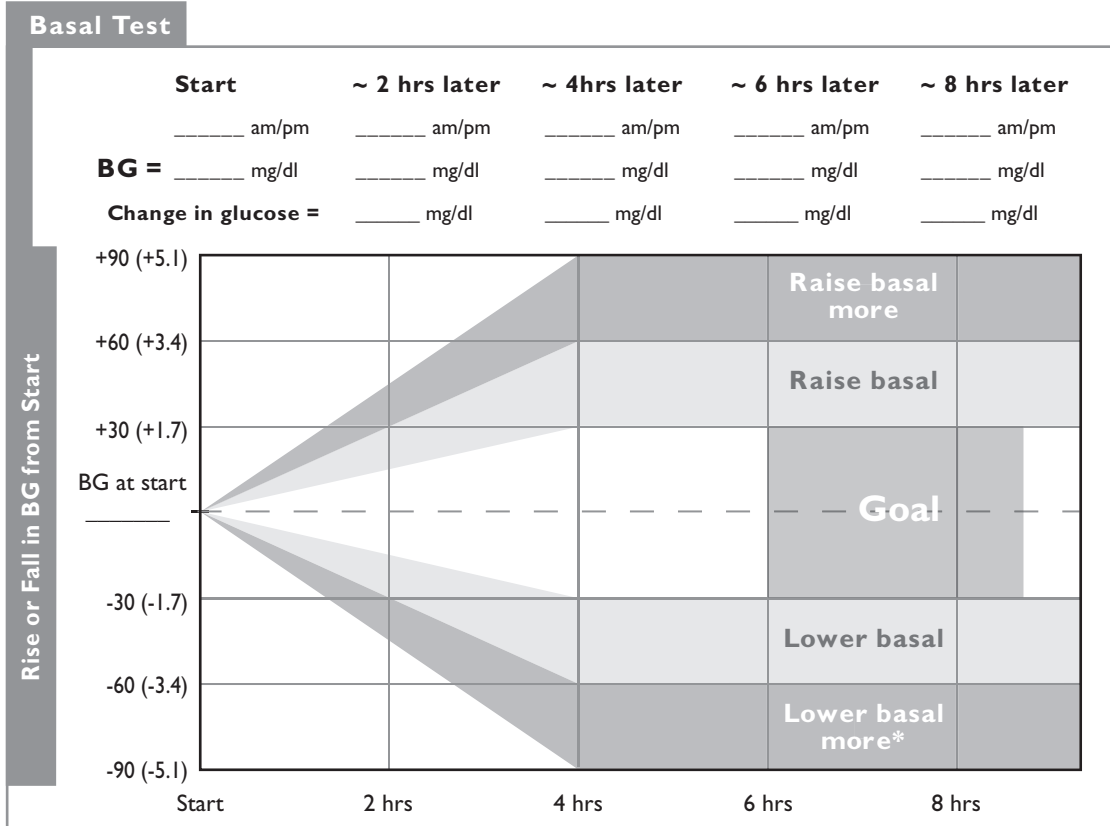


11.5 Test Your Basal Rates

Goal: Basal rates that keep your glucose within 30 mg/dl (1.7 mmol/L) of its starting point without going low.

1. Start your basal test when your glucose is between 100 and 150 mg/dl (5.6 - 8.3 mmol/L) and you have not eaten in the last 3 hours nor taken a bolus in the last 5 hours.
2. Eat no carbs during the test. Small amounts of protein (few nuts, cheese, boiled egg, etc.) are OK.
3. Check your glucose at least every 2 hours or wear a CGM. If your glucose goes below 70 mg/dl (3.9 mmol/L), stop the test and eat carbs.
4. Record and plot the results of the basal test below.



See Basal Adjustments if your glucose rises or falls more than 30 mg/dl (1.7 mmol/L) in this test.