HOW TO ADJUST THE BASAL RATE

These adjustment guidelines are provided for information purposes only and are not a substitute for advice from your healthcare team.

If you are using a hybrid closed-loop system that automatically modulates the basal rate but you still want to adjust your settings, take the tendencies of the modulation into account.

Speak to your healthcare team at any time, as needed.

Choose a period

You can change the hours used as examples below and adapt them based on your basal program.



Conditions to perform the test

Before:

- Make sure you have not had hypoglycemia in the 6 hours before the test.
- Make sure you do not eat or take an insulin bolus in the 5 hours before the test (the last meal you took must be balanced).
- Make sure you're not sick or more stressed than usual.
- Make sure you have not engaged in any unusual physical activity in the 12 hours before the test.

Your blood sugar should be **between 4 and 10 mmol/L** to begin the test.

During:

- Do not eat. Only a small amount of protein is allowed (e.g., some cheese, an egg).
- Do not take an insulin bolus.
- Do not disconnect or shut down your pump.
- Avoid moderate-to-intense physical activity.

If you have a CGM, downloading and analyzing its data can help you evaluate your blood sugar management and adjust the basal rates programmed into your pump.



1- MEASURE BLOOD SUGAR EVERY 2 HOURS

Record your results in the tables included at the end of this document and **calculate the variation in your blood sugar** since the beginning of the test. (See the example below)

	Beginning of test	2 hours later	4 hours later	6 hours later	8 hours later
Time of day	10:00 p.m.	12:05 a.m.	2:10 a.m.	4:05 a.m.	6:15 a.m.
Blood sugar reading	6.2	7.3	8.4	7.8	7.3
Variation from the beginning		+ 1.1 (7.3-6.2=1.1)	+ 2.2 (8.4-6.2=2.2)	+ 1.6 (7.8-6.2=1.6)	+ 1.1 (7.3-6.2=1.1)

CAUTION!

If, during the test, your blood sugar **drops by more than 2 mmol/L** or if you go into **hypoglycemia**, you need to **stop the test**, correct the situation by eating carbs if necessary and adjust the basal rate at issue.

2- TEST THE SAME PERIOD AT LEAST TWICE

(Exception: If hypoglycemia occurs, make direct adjustments to the basal ratefor that period before testing again.)



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3- ASSESS YOUR RESULTS

Since the beginning of the test, your blood sugar levels:



You can refer to your pump's user guide to find out how to make this change, if needed.

5- PERFORM THE TEST AGAIN TO VALIDATE THE ADJUSTMENT

Once your basal rate is properly adjusted for a period, you can test the next period.



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TESTS
PERIOD TESTED: froma.m./p.m. toa.m./p.m.
Rates:
to = u/hr to = u/hr to = u/hr

If the period to be tested is less than 8 hours long, you do not need to complete the entire table. (for example, if you were testing the 8 a.m. to 12 p.m. period)

DAY 1	Beginning of test	2 hours later	4 hours later	6 hours later	8 hours later
Time of day					
Blood sugar reading					
Variation from the beginning					

DAY 2	Beginning of test	2 hours later	4 hours later	6 hours later	8 hours later
Time of day					
Blood sugar reading					
Variation from the beginning					

ASSESSING THE CHANGES

DAY 3	Beginning of test	2 hours later	4 hours later	6 hours later	8 hours later
Time of day					
Blood sugar reading					
Variation from the beginning					



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