

Bedtime Blood Glucose

- It is recommended to check your blood sugar before you go to bed and make sure you are **above 100** to stay in a safe range throughout the night
- If a bedtime snack is desired and your pre-bedtime blood sugar was above 100, only give a rapid acting insulin dose for the carbs in the snack.
- Check your blood sugar at 2 am, aiming to be above 100, if you have a low blood sugar before bed, your long acting insulin dose was increased, or you were more active than normal throughout the day.



Blood Sugar	Action
More than 100 (New onsets may aim for over 120 before bed)	<ul style="list-style-type: none"> • Administer long acting insulin • Go to bed • No re-check of BG at 2 am <ul style="list-style-type: none"> ➢ Unless long acting insulin dose was increased, or your child participated in more activity than baseline ➢ BG should be above 100 at 2am
71-99	<ul style="list-style-type: none"> • Administer long acting insulin • Eat a 15g carb + protein snack • Questionable re-check of BG in 1 hour and 2 am <ul style="list-style-type: none"> ➢ In 1 hour and at 2 am, BG should be over 100
Less than 70	<ul style="list-style-type: none"> • Rule of 15 ending with a 15g carb + protein snack • Administer long acting insulin • Re-check BG in 1 hour and at 2 am <ul style="list-style-type: none"> ➢ In 1 hour and at 2 am, BG should be over 100

Rule of 15: How to Treat a Low Blood Sugar (less than 70)

- 1) **TEST:** Test blood glucose with blood glucose meter
- 2) **FEED:** If < 70 (regardless of age) give 15 grams of fast-acting carbohydrate (ex: fruit snacks, glucose tablets)
- 3) **TEST:** Re-check blood glucose 15 minutes after initial hypoglycemia event. The goal of this test is to be within the patient's blood glucose target range for the current time of day
 - If still below target range at this point, repeat steps 2-3
- 4) **FEED:** If hypoglycemia event occurs overnight *or* next meal > 1 hour away, feed patient a snack
 - **Post hypoglycemia snack*** = 15 grams of complex carbohydrate + protein (ex: milk, crackers & peanut butter)
 - This sustains blood glucose levels for many hours
 - **Do not dose insulin** for the blood glucose in step 3 or the carbohydrate content of this snack
- 5) **RE-TEST:** Only if hypoglycemia event occurs after last meal of the day (i.e. at bedtime or overnight)
 - Re-test of blood glucose should occur at 1-2 hours after the step 4 of the Rule of 15 protocol
 - If 1-2 hour BG re-test is at least 100, no additional testing beyond as ordered. It is always ok to re-test earlier if symptomatic.