

COMPUS recommendations for self-monitoring of blood glucose (SMBG)

COMPUS recommendations vary depending on whether the patient is using insulin.

- Generally, it is recommended that
 - Patients using insulin perform self-monitoring of blood glucose.
 - Most adults **not-using** insulin do **not** require routine self-monitoring of blood glucose.
- SMBG is only part of diabetes self-management which includes proper diet and physical activity, monitoring blood pressure and lipids, and follow-up for diabetes complications.
- SMBG has been associated with increased overall hypoglycemia, decreased quality of life, and increased levels of depression.
- For patients with type 1 and type 2 diabetes using **basal-bolus** insulin, self-monitoring of blood glucose should be **individualized**.
- For most patients with type 2 diabetes using **basal** insulin with or without oral antidiabetes drugs, the suggested **maximum** average weekly frequency of testing is **14** times per week.
- For most patients with type 2 diabetes **not taking insulin**, routine self-monitoring of blood glucose is **not** recommended.

For patients with type 2 diabetes some conditions may require more frequent testing or initiation of testing in some patients. Examples would be patients

- Using multiple daily insulin injections (i.e., three or more per day)
- At risk of hypoglycemia (taking insulin secretagogues, instances of inadequate caloric intake, unforeseen or unplanned physical activity)
- With a history of hypoglycemia or hypoglycemia unawareness
- Newly initiated on insulin
- Experiencing acute illness
- Undergoing changes in insulin dose/regimen or significant changes in routine.
- Poorly controlled or unstable blood glucose levels
- Pregnant or planning a pregnancy.
- Working in an occupation where hypoglycemia poses safety concerns or where testing is mandated by an employer or jurisdictional requirements (e.g., commercial drivers, pilots, air-traffic controllers, critical positions in railways)

Insulin Secretagogues - Sulfonylureas

Generic Name	Trade Name
Chlorpropamide	Generics
Gliclazide	Diamicron, generics
Glimepiride	Amaryl, generics
Glyburide	Diabeta, generics
Tolbutamide	Generics

Insulin Secretagogues - Meglitinides

Generic Name	Trade Name
Nateglinide	Starlix
Repaglinide	GlucosNorm