

## Checking the Background Insulin

Background Insulin should hold your blood glucose levels stable. Without a stable background insulin your carbohydrate counting and dose adjusting will not work.

To test the background insulin is useful to do carbohydrate free meals and omit your dose of quick acting insulin, including a correction dose.

### Top tips

- do not do a background insulin check on a busy day or when you are planning to do physical activity
- Try not to make the meal too high in protein (excess protein is converted to glucose)
- Do not do the background insulin check if you are hypo or very high before the meal
- Do not consume any alcohol during a background insulin check

You might be asked to do a carbohydrate free lunch and evening meal.

### Carbohydrate Free lunch

- Have breakfast as normal
- After breakfast do not have any carbohydrates until your evening meal, unless you have a hypo
- Have a carbohydrate free lunch and snacks
- Do not take any quick acting insulin
- Test your blood glucose levels
  - Before your lunch .....
  - 2 hours post lunch .....
  - Before your evening meal .....

### Carbohydrate Free Evening meal and overnight blood glucose testing

- Have breakfast and lunch as normal
- After lunch do not eat any more carbohydrate until the next morning, unless you have a hypo
- Have a carbohydrate free evening meal and snacks during the evening
- Do not take any quick acting insulin
- Test your blood glucose levels
  - Before your evening meal .....
  - 2 hours after your evening meal .....
  - Before bed .....
  - 3am .....
  - Before breakfast .....

#### **Carbohydrate free meal and snack ideas**

- Omelette and salad
- Salmon and roasted vegetables
- Small piece of steak and salad
- Salad with tuna
- Stir-fry, no noodles – bulk out with bean sprouts
- Carbohydrate free pasta and rice e.g. slim pasta/rice
- Vegetable soup, not thick or with potatoes
- Vegetable and meat hotpot
- Cottage pie with potatoes replaced with swede
- Sugar free jelly
- Cottage cheese with vegetable and salad sticks
- Cheese with vegetable and carrot sticks
- Cheese spread with vegetable and carrot sticks
- Hummus with vegetable and carrot sticks
- Cherry tomatoes