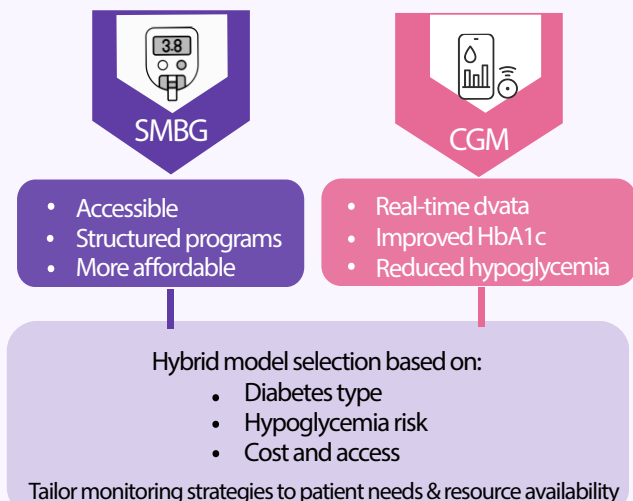


BGM Practice Recommendations

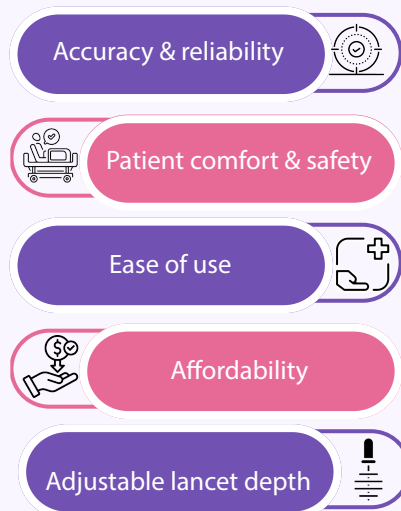


Blood Glucose Monitoring Expert Group

1. Selecting Appropriate Monitoring Strategy

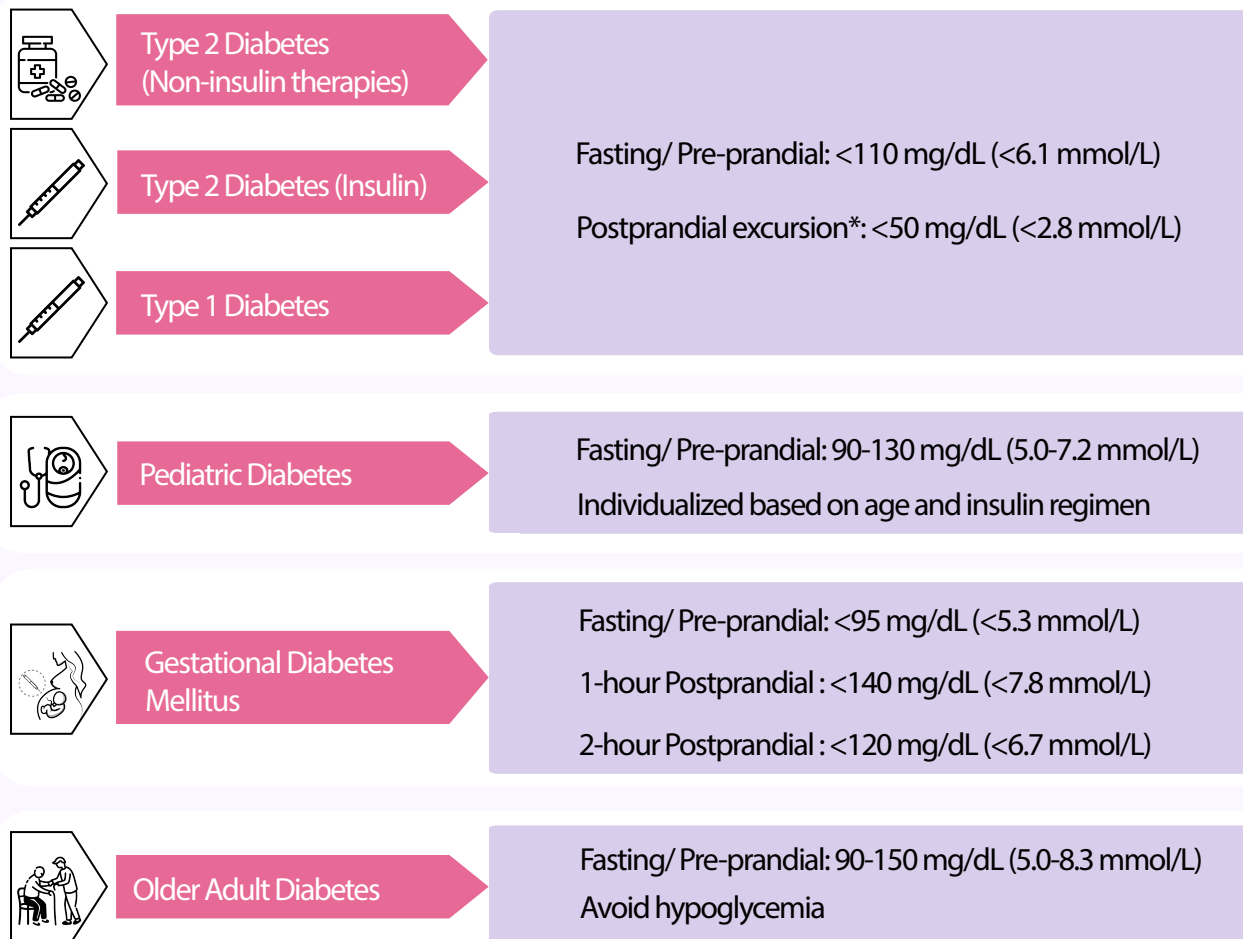


2. SMBG Device Selection Criteria



Lancets with adjustable depth settings are preferred to improve comfort and sampling consistency.

3. Recommended SMBG Targets



*Postprandial excursion refers to the rise in blood glucose following a meal.

SMBG targets and monitoring frequency should be individualized based on patient's conditions, circumstances and preferences.

BGM: Blood Glucose Monitoring; SMBG: Self-Monitoring of Blood Glucose; CGM: Continuous Glucose Monitoring

Chan SP et al. Diabetes Ther. 2026. doi:10.1007/s13300-026-01867-3

Access the full manuscript here:



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