

Recommended BGM Strategies



Blood Glucose Monitoring Expert Group

1. Recommended Monitoring Modalities in Real-World Settings

Diabetes Type	Preferred Monitoring	Resource-Constrained Settings
 T1D	1. CGM 2. CGM + SMBG 3. SMBG	SMBG with intermittent CGM or SMBG only
 T2D (Insulin)	1. CGM 2. CGM + SMBG 3. SMBG	SMBG with intermittent CGM
 T2D (Non-insulin)	1. SMBG 2. CGM	SMBG
 GDM	SMBG + CGM	SMBG with intermittent CGM
HbA1c and laboratory-based plasma glucose testing are not day-to-day monitoring modalities and are used as clinically indicated.		

2. Recommended SMBG Monitoring Frequency

Diabetes Type	Pediatric	Adult
T1D	3–5 times/day	6–10 times/day
T2D (Insulin)	Symptom-guided (~3-5 times/day)	2-5 times/day
T2D (Non-insulin)	Symptom-guided	Weekly or symptom-guided
GDM	≥4 times/day (fasting + postprandial)	
• Older adults: individualized approach (often symptom-guided). • Recommended frequencies are minimum targets. • Increased monitoring may be beneficial during therapy adjustment or instability • DSME should support interpretation of SMBG results in relation to diet and daily activities.		

Best Practice Recommendations

- Structured SMBG for verification
- CGM for trend analysis (if accessible)
- Individualize for older adult (consider cognitive function)
- Education on SMBG results is essential

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

FITTER BiG is sponsored by embecta

Access the full manuscript here:



BGM: Blood Glucose Monitoring; **SMBG:** Self-Monitoring of Blood Glucose; **T1D:** Type 1 Diabetes; **T2D:** Type 2 Diabetes; **GDM:** Gestational Diabetes Mellitus; **DSME:** Diabetes Self-Management Education; **CGM:** Continuous Glucose Monitoring; **SMBG:** Self-Monitoring of Blood Glucose

The information provided herein is for education and informational purposes only and should not be used to diagnose or treat any medical condition. For diagnosis or treatment of any medical condition please consult qualified healthcare professional. Embecta Corp and/or its affiliates and employees are not liable for any damages or claims to any person in any manner based on this information.