

Breakfast — FBS — Post — Lunch — Pre — Post — Dinner — Pre — Post — Bed time overnight

Low intensity

Twice a week	Saturday	✓					✓	
	Sunday							
	Monday							
	Tuesday							
	Wednesday							
	Thursday							
	Friday							
	Saturday							
	Sunday	✓						
	Monday		✓					
	Tuesday							
	Wednesday							
	Thursday							
	Friday							
	Saturday							
	Sunday							
	Monday	✓						
	Tuesday				✓			
	Wednesday							
	Thursday							
Friday				✓	✓			

Rational:
 • Monitor one FBS and one postprandial every week.
 • Choose different meals and days for separate weeks.
 • Monitor one paired testing for the largest meal during weekend to evaluate the impact of weekend meal planning and lifestyle.

Moderate intensity

1-2 Times per day	Saturday	✓				✓		
	Sunday		✓				*	
	Monday	✓		✓				
	Tuesday				✓			*
	Wednesday	✓				*		
	Thursday		*				✓	
	Friday	✓						*

Rational:
 • Checkmark only Pattern is advised if we are willing to perform at least once daily SMBG reading and two readings for some days in a week.
 • If we are willing to perform SMBG readings twice daily, it is advised to add pattern with asterixis.
 • In case of GDM, it is advised to perform at least twice daily readings with a focus on postprandial readings.

High intensity

4 times per day	Saturday	✓	✓	✓		✓		
	Sunday	✓		✓	✓	✓		
	Monday	✓				✓	✓	✓
	Tuesday	✓	✓	✓		✓		
	Wednesday	✓		✓	✓	✓		
	Thursday	✓		✓			✓	✓
Friday	✓	✓	✓		✓			

Rational:
 • In case of GDM, it is advised to perform SMBG with more focus on postprandial readings.

Intensive

4 to 6 times per day	Saturday	✓	✓	**	✓	*	✓	
	Sunday	✓		✓	✓	**	✓	*
	Monday	✓	✓	*	✓	✓		**
	Tuesday	✓	✓		✓	**	✓	*
	Wednesday	✓	*	✓	✓	**	✓	
	Thursday	✓	✓	✓	**	✓	*	
Friday	✓	✓	**	*	✓	✓		

Rational:
 • Checkmark only pattern is advised if we are willing to perform four SMBG readings every day.
 • If we are willing to perform five or six SMBG readings every day, it is advised to add pattern with asterixis or double asterixis, respectively, to checkmark pattern.

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Insightfully Scanned Glucose Monitoring

SUMMARY OF IRANIAN NATIONAL CONSENSUS SMBG IN PRACTICE



Iranian National Consensus on SMBG

4 color coded SMBG protocols, including:



Low intensity (Green):
2 times per week

Moderate intensity (Yellow):
1-2 times per day

High intensity (Orange):
4 times per day

Intensive (Red):
4-6 times per day

Each protocol has tailored target groups, based on glycemic control, type of diabetes, therapeutic regimen and access to care.

SMBG Protocol Recommendation in **Standard** Care Practice

Standard Care: SMBG is affordable and available

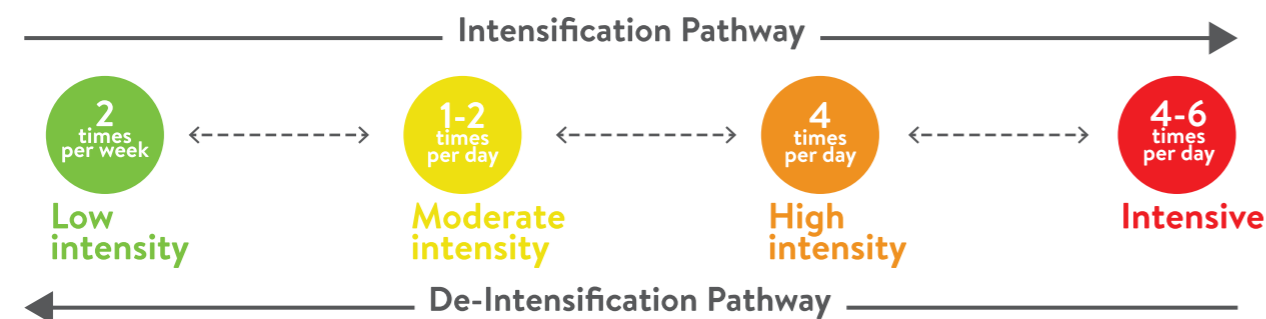
Status	Protocol	
T₁DM	HbA1c in Target, >5 years old	4 / day
	Children ≤ 5 years old	4-6 / day
	HbA1c Not in Target, regardless of age	4-6 / day
	Pregnant	4-6 / day
T₂DM	HbA1c in Target, on OAD with no hypoglycemia risk	2 / week
	HbA1c in Target, on OAD with hypoglycemia risk	1-2 / day
	HbA1c in Target, on non-MDI insulin, ± OAD	1-2 / day
	HbA1c Not in Target, on OAD with no hypoglycemia risk	1-2 / day
	HbA1c in Target, on MDI insulin ± OAD	4 / day
	HbA1c Not in Target, on OAD with hypoglycemia risk	4 / day
	HbA1c Not in Target, on non-MDI insulin, ± OAD	4 / day
	HbA1c Not in Target, on MDI insulin ± OAD	4-6 / day
GDM	Pregnant, on insulin	4-6 / day
	HbA1c in Target, only on LSM/metformin	1-2 / day
	HbA1c Not in Target, only on LSM/metformin	4 / day
On insulin	4-6 / day	

SMBG Protocol Intensification and De-Intensification Process

One step further intensification for each target group is recommended if:

- Newly diagnosed T1DM or T2DM: diagnosis in ≤3 months
- Newly diagnosed GDM: diagnosis in ≤2 weeks
- Not reaching glycemic target
- In sick days, presence of intercurrent acute/severe illness
- Hospital admitted
- History of severe hypoglycemia or DKA in previous month

Intensification and De-Intensification Process



SMBG Protocol Recommendation in **Limited** Care Practice

Limited Care: SMBG is **NOT** affordable or available

Status	Protocol	
T₁DM	HbA1c in Target, > 5 years old	1-2 / day
	Children ≤5 years old, regardless of control	4 / day
	HbA1c Not in Target, > 5 years old	4 / day
	Pregnant	4 / day
T₂DM	HbA1c in Target, on OAD with hypoglycemia risk	2 / week
	HbA1c in Target on non-MDI insulin, ± OAD	2 / week
	If possible: In target T2DM on OAD with no hypoglycemia risk	2 / week
	HbA1c Not in Target, on OAD with no hypoglycemia risk	2 / week
	HbA1c in Target, on MDI ± OAD	1-2 / day
	HbA1c Not in Target, on OAD with hypoglycemia risk	1-2 / day
	HbA1c Not in Target, on non-MDI insulin, ± OAD	1-2 / day
	HbA1c Not in Target, on MDI ± OAD	4 / day
GDM	Pregnant, on insulin	4 / day
	HbA1c in Target, only on LSM/metformin	1-2 / day
	HbA1c Not in Target, only on LSM/metformin	4 / day
On insulin	4 / day	

- OAD: Oral anti diabetes, MDI: Multiple daily injections, LSM: Lifestyle modification