**Reviewing downloads**

When you review your download every 2 weeks remember to look at patterns over this period and not individual days. We would advise you to look at the following You Tube videos from Birmingham Children’s hospital to guide you.

* Assessing a diasend report - for patients who use an Expert meter.

https://www.youtube.com/watch?v=TFkF75Cv7PU&t=59s

* Assessing a diasend report – for patients who use insulin pump therapy.

https://www.youtube.com/watch?v=Gm-KvurufYQ&t=20s

We recommend that you log on and look at the last 2 weeks.

1. **Look for**

|  |  |
| --- | --- |
| High blood glucoses | FrequencyTime of dayHow long the highs persisted |
| Low blood glucoses | FrequencyHas hypo treatment been effectiveWas there sport before hypoglycaemia |

1. **Look at the pre-bed BG and the waking blood glucose**
* is there a rise or fall which would indicate a change in basal/background insulin is needed
1. **Look at pre and post meal BG when no additional carbohydrate foods have been eaten**
* If there is a rise in BG an increase in the carb ratio is needed
1. **Corrections**
* Identify any corrections without a bolus for food
* Look at BG 3 hrs after the correction. Has the correction brought the BG into the target range?

Once you have reviewed your download please discuss it with your diabetes nurse until you

are confident to make the required adjustments to the insulin regime.