

Self-monitoring schedule for capillary glucose and ketone monitoring

ILED		Best NHS Care	
Ketones (low kcal days)	Glucose	Ketones (2 days/wk)	Glucose
Fasting before breakfast the morning after each of the low-energy days	Fasting (morning)	Fasting before breakfast on 2 non-consecutive days / week	Fasting (morning)
1 hour post evening meal on each of the low-energy days	1hr post breakfast	1 hour post evening meal on 2 non-consecutive days / week	1hr post breakfast
	1hr post lunch		1hr post lunch
	1hr post dinner		1hr post dinner