



CGM TREND ARROWS AND THE 30•60•90 RULE

The 30•60•90 Rule provides guidelines for how to adjust your insulin dose in response to your trend arrows. When the trend arrows are facing up, you'll increase your insulin dose. When they're facing down, you'll decrease the dose. This guide will show you how!

The Arrow	What It Means	What You Should Do
	Glucose is steady and not changing any more than 1 mg/dl each minute. 30 minutes later 100mg/dL → 100 mg/dL	Your glucose is steady, so do not adjust your insulin dose.
	Glucose is rapidly rising >3 mg/dL each minute. 30 minutes later 100mg/dL → 190 mg/dL	Treat for your current glucose +90 mg/dL
	Glucose is quickly rising 2-3 mg/dL each minute. 30 minutes later 100mg/dL → 160 mg/dL	Treat for your current glucose +60 mg/dL
	Glucose is rising 1-2 mg/dL each minute. 30 minutes later 100mg/dL → 130 mg/dL	Treat for your current glucose +30 mg/dL
	Glucose is falling 1-2 mg/dL each minute. 30 minutes later 100mg/dL → 70 mg/dL	Treat for your current glucose -30 mg/dL
	Glucose is quickly falling 2-3 mg/dL each minute. 30 minutes later 100mg/dL → 40 mg/dL	Treat for your current glucose -60 mg/dL
	Glucose is rapidly falling >3 mg/dL each minute. 30 minutes later 100mg/dL → 10 mg/dL	Treat for your current glucose -90 mg/dL



THE 30•60•90 RULE IN PRACTICE

If you saw these, what should you do?

97

mg/dL

Eat fast acting carbs as though your blood glucose was 37 mg/dL.

240

mg/dL

Deliver fast acting insulin for a glucose of 270 mg/dL.

If you saw these, what should you do?

145

mg/dL

46

mg/dL

294

mg/dL