

DAILY BASAL INSULIN DOSE ADJUSTMENT for Type 2 Diabetes

Monitor Blood Glucose: Before Breakfast Before Lunch Before Evening Meal
Before Bed

If your blood glucose is above target for 3 days:

If you pre breakfast Blood glucose is **above** 7mmol/l
increase insulin by 2 units or 10%. Then monitor for
3 days and adjust further as necessary until reach
target

If blood glucose less than 4mmol/l:

If your pre breakfast Blood Glucose is **below** target,
reduce insulin by 2 units or 10%.

***Please seek advice before increasing insulin above 40 units**

Consider the reason why blood glucose is out of target:

Why are my blood glucose levels sometimes high?

A temporary high blood glucose level from time to time is impossible to avoid in everyday life. Reasons for high blood glucose levels include:

- Infection/illness (see sick day rules guideline)
- certain foodstuffs
- stress
- steroid therapy
- missed insulin
- insufficient insulin
- problem with injection technique or sites for example lipohypertrophy (lumpy injection sites)

Why are my blood glucose levels sometimes low?

Reasons for low blood glucose levels include:

- missed or delayed meals
- not enough or no carbohydrate (for example bread, pasta, rice, potato, cereal type foodstuffs) in meals
- too much insulin
- increased exercise, unexpected exercise
- alcohol
- illness (see sick day rules guideline)
- problem with injection technique or sites for example lipohypertrophy (lumpy injection sites)

If you continue to have problems with controlling your blood glucose levels despite adjusting insulin as guided then contact your Community Diabetes Specialist Nurse.