Twice day Insulin dose adjustment for T2DM

Monitor Blood Glucose: Before Breakfast \square Before Lunch \square Before Evening Meal \square	
Before Bed □]
If Blood Glucose levels are <i>raised</i>	
Blood glucose at lunch & dinner	Blood glucose at bed & breakfast
greater than 7mmols for a 3 day	greater than 7mmols for a 3 day
pattern.	pattern.
Breakfast insulin	Evening meal insulin
—	
Increase insulin by 2 units or 10%. Remember to only adjust <u>one</u> insulin dose at a time. Observe Blood Glucose for 3 days before making any further adjustments.	
If Blood Glucose levels are low	
Blood glucose at Lunch and Evening	Blood Glucose at Bed and
meal less than 4mmols	Breakfast less than 4mmols
•	
Breakfast insulin	Evening meal insulin
Reduce insulin by 2 units or 10%. Monitor Blood Glucose to monitor effect and adjust	
further if required.	

*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.