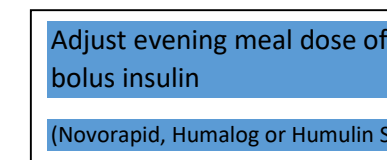
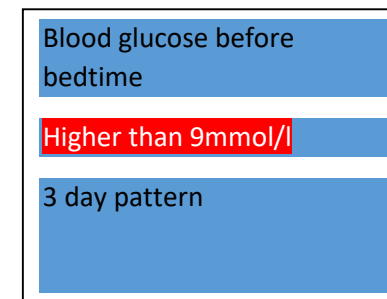
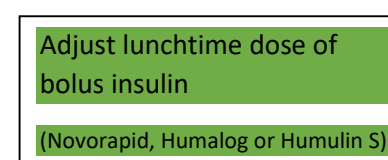
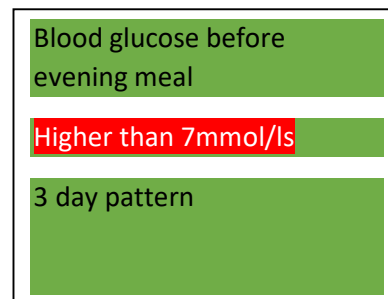
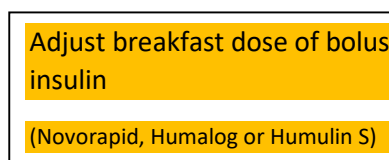
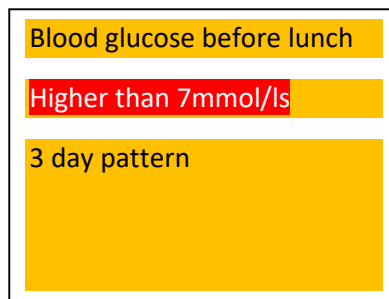
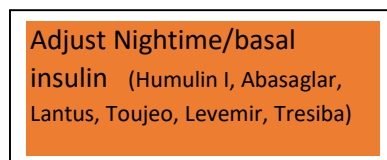
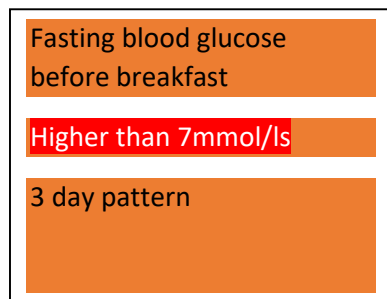


Multiple daily injections (basal bolus regime) dose adjustment for T2 diabetes

Monitor Blood Glucose before breakfast, lunch, evening meal and bedtime

If blood glucose is out of target/raised (too high) and pattern of 3 days then adjust insulin dose as follows:



Increase insulin dose by 2units (or 10% of dose). Remember to only adjust one insulin dose at a time. Observe blood glucose for 3 days to monitor effect and adjust further if necessary until reach target blood glucose.

If your insulin doses are above 30 units please contact your diabetes nurse

Monitor Blood Glucose before breakfast, lunch, evening meal and bedtime

If blood glucose is too low:

Fasting blood glucose before breakfast

Lower than 4mmol/l



Adjust Nighttime/basal insulin (Humulin I, Abasaglar, Lantus, Toujeo, Levemir, Tresiba)



Blood glucose before lunch

Lower than 4mmol/l



Adjust breakfast dose of bolus insulin (Novorapid, Humalog or Humulin S)



Blood glucose before evening meal

Lower than 4mmol/l



Adjust lunchtime dose of bolus insulin (Novorapid, Humalog or Humulin S)



Blood glucose before bedtime

Lower than 6mmol/l



Adjust evening meal dose of bolus insulin (Novorapid, Humalog or Humulin S)



Reduce insulin dose by 2units (or 10% of dose). If hypo is overnight reduce by 4units (or 20% of dose). Remember to only adjust one insulin dose at a time. Observe blood glucose for 3 days to monitor effect and adjust further if necessary until reach target blood glucose.

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.