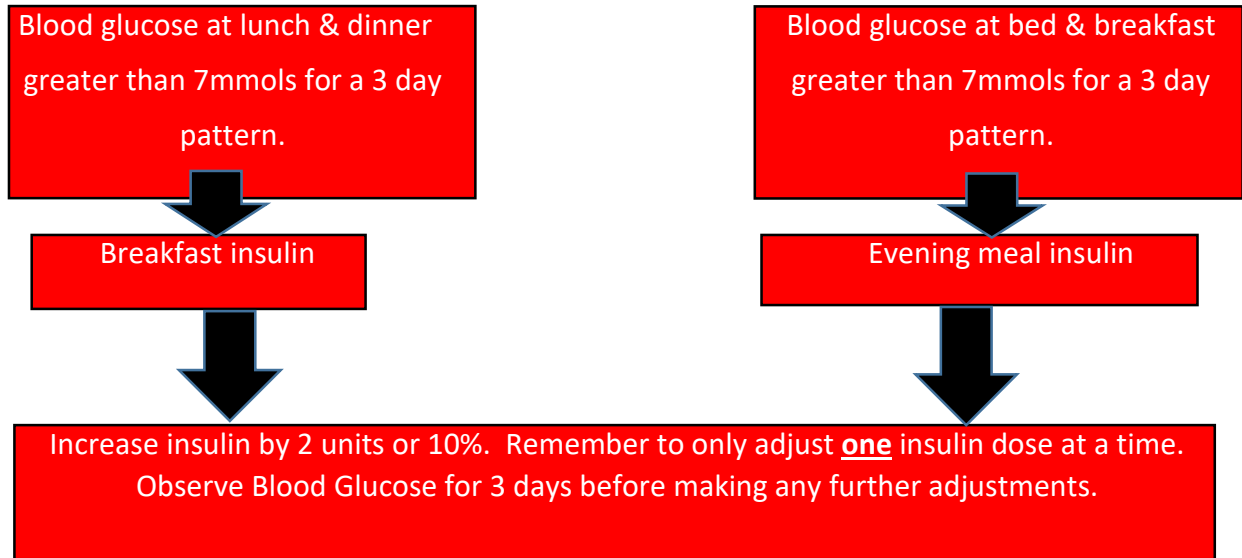


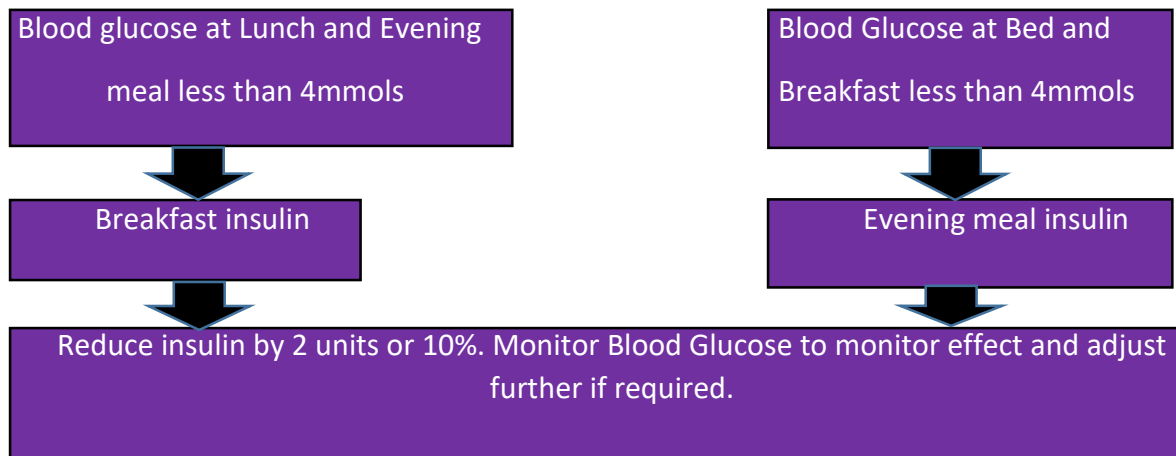
## Twice day Insulin dose adjustment for T2DM

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

If Blood Glucose levels are **raised**



If Blood Glucose levels are **low**



**\*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.