

Further formal education available from Injectable Therapies, DAFNE and VICTOR programmes. Please contact your diabetes team for further information.

Having your long-term blood test (HbA1c) between 48 - 58mmol/mol reduces risk of long-term complications such as heart attack, stroke, changes to eye health/vision, kidney function and nerve damage (neuropathy).

If you are unwell you should seek advice from GP, Practice Nurse, NHS 24 or Diabetes Team.

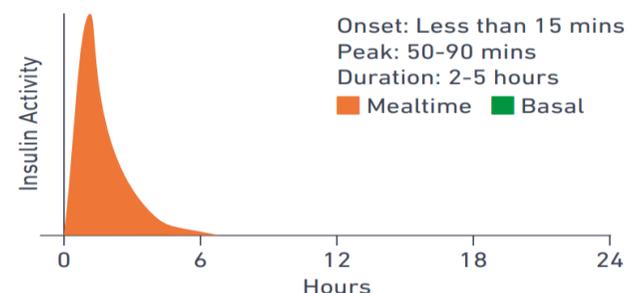
**If you need further advice please call your Diabetes Advice Service
01563 827642
Monday – Friday 8.30am - 12.00pm**

Adjusting Your Insulin Basal Bolus Insulin

How Basal Bolus Insulin Works

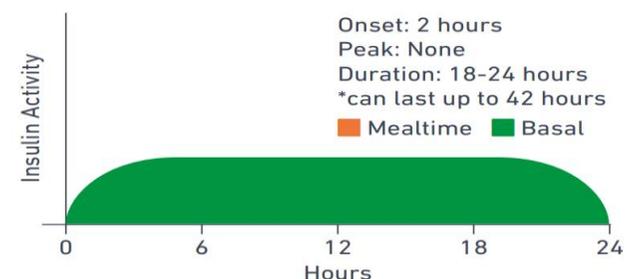
Rapid Acting Analogue Insulin

Example: Novorapid, Humalog, Apidra, Fiasp



Long Acting Analogue Insulin

Example: Lantus, Detemir, Degludec*, Abasaglar



Insulin Adjustment

Do not adjust your insulin based on just 1 or 2 results unless an unexplained hypo. Look for patterns and trends and identify any changes to diet and lifestyle.

Stepwise Approach

1. What is the problem?
2. Is it a regular problem?
3. What might have caused the problem?
(increased dietary intake, change of temperature, illness)
4. What options will I try?
5. During periods of illness refer to sick day rule guidance

Insulin Timings

- Take bolus (rapid acting) insulin 5 - 15 minutes before eating unless instructed otherwise
- Take basal (long acting) insulin at the same time every day

When to Monitor Your Blood Glucose Levels

- Before meals and bedtime
- When hypoglycaemia is suspected
- When feeling unwell
- You also need to monitor glucose levels at least 2 hours before driving and every 2 hours on longer journeys

Personal Blood Glucose Targets

Before meals - _____ & _____ mmol/L

Before bedtime - _____ & _____ mmol/L

ADJUSTING LONG ACTING INSULIN

Blood glucose readings should be taken **before breakfast** for **at least 3 days**. If readings are not within target then adjust the dose using the table below

Below target range	reduce insulin dose by 4 units
Within target ranges	continue same dose
Above target range	increase insulin dose by 2 units

ADJUSTING RAPID ACTING INSULIN

Blood glucose readings should be taken **before meals** for **at least 3 days**. If readings are not within target then adjust the insulin dose using the table.

- **If blood glucose is high/low at lunchtime adjust insulin at breakfast time.**
- **If blood glucose is high/low at evening meal adjust insulin at lunchtime.**
- **If blood glucose is high/low at bedtime adjust insulin at evening meal.**

Below target range	reduce dose by 4 units
Within target range	continue same dose
Above target range	increase dose by 2 units

Review of insulin doses should be carried out every 3-7 days (not daily) unless an unexplained hypo (if blood glucose <4mmol/L) when the appropriate insulin dose should be reduced on the next day.

Do not increase both long acting and rapid acting insulins at the same time.