

Further formal education available from Injectible Therapies. 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.

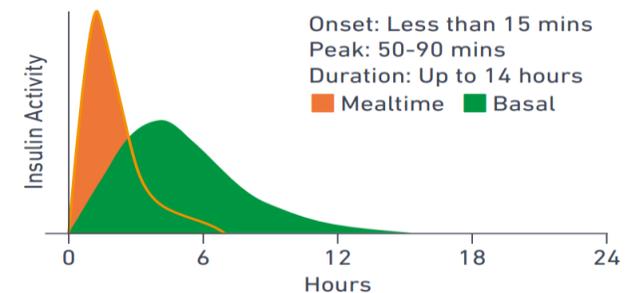
**If you need further advice please call your Diabetes Advice Service
01563 827642
Monday – Friday 8.30am - 12.00pm**

Adjusting Your Insulin Twice Daily Mixed Insulin

How Mixed Insulin Works

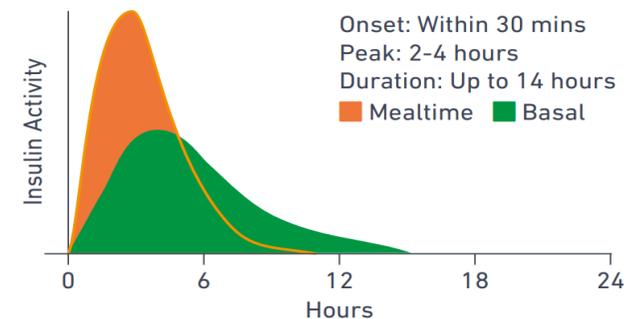
Pre-mixed Analogue Insulin

Example: NovoMix 30, Humalog Mix 25/Mix 50



Pre-mixed Human Insulin

Example: Humulin M3, Insuman Comb 15/25/50



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

Twice Daily Injections

- Take insulin 15 - 30 mins before eating
- Onset within 30 mins
- Peak 2 - 4 hours
- Duration up to 14 hours

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

PRE BREAKFAST &/OR BEDTIME BLOOD GLUCOSE

Blood glucose readings should be taken **before breakfast & bedtime** for **at least 3 days**. If readings are not within goals, then adjust the **evening meal** dose using the table below.

REMEMBER: EVENING INSULIN CONTROLS BLOOD GLUCOSE AT BEDTIME & BEFORE BREAKFAST.

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

PRE LUNCH &/OR EVENING MEAL BLOOD GLUCOSE

Blood glucose readings should be taken **before lunch & evening meal** on **at least 3 days**. If readings are not within goals, then adjust the **morning** insulin dose using the table below.

REMEMBER: MORNING INSULIN CONTROLS BLOOD GLUCOSE BEFORE LUNCH TIME & EVENING MEAL.

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

Review of insulin doses should be carried out every 3-7 days (not daily) unless an unexplained hypo (blood glucose <4mmol/L) when the appropriate insulin dose should be reduced on the next day. Both insulin doses do not need to be the same amount, and you can adjust them one at time.