

ADJUSTING YOUR INSULIN

BD regimen (2 injections per day)

Through out life your insulin requirements will change. Growth, sport, activity, lifestyle and food all play a part in affecting blood glucose levels.

To maintain diabetes control it is important to adjust insulin doses when BGL's start to drift outside the target range.

**YOUR TARGET BGL is
4.0 mmol/L - 8.0mmol/L**

Some tips-

- Do not adjust insulin because of a single high or low BGL
- Look for patterns in your BGL over a minimum of 3 days
- A BGL out of target range 3 days in a row or 4 times in one week **at the same time of day** is a good indicator that the insulin doses should change.
- Wait 3 days to assess the effect before making a second change

Hyperglycaemia (high blood glucose) at-

Breakfast or over night

Increase your dinner dose of Protaphane/Levemir by 1-2 units

Lunch or morning tea

Increase your breakfast dose of Actrapid/Novorapid by 1-2 units

Dinner or afternoon tea

Increase your breakfast dose of Protaphane/Levemir by 1-2 units

After dinner or before bed

Increase your dinner dose of Actrapid/Novorapid by 1-2 units

Hypoglycaemia (low blood glucose) at-

Breakfast or over night

Decrease your dinner dose of Protaphane/Levemir by 1-2 units

Lunch or morning tea

Decrease your breakfast dose of Actrapid/Novorapid by 1-2 units

Dinner or afternoon tea

Decrease your breakfast dose Protaphane/Levemir by 1-2 units

After dinner or before bed

Decrease your dinner dose of Actrapid/Novorapid by 1-2 units

THIS ADVICE DOES NOT APPLY IF YOUR CHILD IS ON SICK DAY MANAGEMENT

Diabetes Nurse Educators

9345 6661 8am – 4pm for non-urgent advice (routine dose adjustment)

9345 5522 out of hours for all urgent/sick day advice

ADJUSTING YOUR INSULIN

Basal Bolus Regimen (4 injections/day)

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To maintain diabetes control it is important to adjust insulin doses when BGL's start to drift outside the target range.

YOUR BGL TARGET is 4.0 mmol/L- 8.0mmol/L.

Some tips-

- Do not adjust insulin because of a single high or low BGL
- Look for patterns in your BGL over a minimum of 3 days
- A BGL out of target range 3 days in a row or 4 times in one week **at the same time of day** is a good indicator that the insulin doses should change.
- Wait 3 days to assess the effect before making a second change

Hyperglycaemia (high blood glucose) at

Breakfast or over night

Increase your Lantus/ Levemir by 1-2 units

Lunch or morning tea

Increase your breakfast dose of Novorapid / Humalog by 1-2 units

Dinner or afternoon tea

Increase your lunch dose of Novorapid / Humalog by 1-2 units

After dinner or before bed

Increase your dinner dose of Novorapid / Humalog by 1-2 units

Hypoglycaemia (low blood glucose) at

Breakfast or over night

Decrease your Lantus/ Levemir by 1-2 units

Lunch or morning tea

Decrease your breakfast dose of Novorapid / Humalog by 1-2 units

Dinner or afternoon tea

Decrease your lunch dose of Novorapid / Humalog by 1-2 units

After dinner or before bed

Decrease your dinner dose of Novorapid / Humalog by 1-2 units

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