

## **How to Alter your insulin dose**

(for people taking a twice daily insulin regimen)

When you are taking insulin therapy, it is important to carry on testing your blood glucose (sugar) so that you can see the improvement and changes in your levels.

You can alter your insulin dose when you begin insulin injections, depending on your blood glucose levels.

The following information is a guide – if you require extra advice please contact your nurse or doctor on:

Tel:.....

*Remember, if your blood sugar levels are between 4 - 10mmol/L at all times of the day, your insulin dose is correct.*

### **How to increase your insulin dose:**

If your blood glucose levels are mostly 10 – 15mmol/L during the day and evening, increase your dose as below:

Morning Dose	Increase by 2 units
Evening Dose	Increase by 2 units

### Example 1:

Insulin Dose	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before evening meal	2 hours after evening meal	Before bed
12 units am, 8 units pm	10.4	13.2		14.7		13.5	
12 units am, 8 units pm	9.6		10.7			14.9	13.8
12 units am, 8 units pm	11.1	14.7			8.7		

As the blood sugar levels are mostly between 10 – 15mmol/L for 3 days, the dose should increase to 14 units am, 10 units pm

Keep the insulin dose at the new level for 3 days, if your blood sugar levels are still between 10 – 15mmol/L repeat the increase on both doses every 3 days until your blood sugar levels are between 4 – 10 mmol/L.



If your blood sugar levels are mostly 15mmol/L and above during the day and evening, increase your insulin dose as below:

Morning Dose	Increase by 4 units
Evening Dose	Increase by 4 units

Example 2:

Insulin Dose	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before evening meal	2 hours after evening meal	Before bed
12 units am, 8 units pm	13.2	19.3		17.2			21.3
12 units am, 8 units pm	14.5	18.7	13.9	19.8			
12 units am, 8 units pm		17.3		25.4		19.4	20.7

As the blood sugar levels are mostly greater than 15mmol/L for 3 days, the dose should increase to 16 units am, 12 units pm

Keep the insulin dose at the new level for 3 days, if your blood sugar levels are still mostly greater than 15mmol/L repeat the 4mmol/L increase on both doses every 3 days until your blood sugar levels are between 10 - 15 mmol/L. When the blood sugar levels are in this range, follow the above guidance.