

STARTING ON LANTUS IN TYPE 2 DIABETES

STARTING ON LANTUS IN ADDITION TO YOUR DIABETES TABLETS

In addition to your tablets, your doctor has prescribed a new treatment called Lantus (insulin glargine) to help treat your type 2 diabetes. Lantus is a **long acting insulin** that works by slowly realizing insulin into your body over 24 hours. This produces a constant level of insulin that helps to control your blood glucose between meals.

As discussed with your doctor or nurse, Your starting dose is

.....Units Daily

In addition to your regular blood glucose measurements, you will have a blood sample taken at least once a year which measures your HbA1c (glycosylated heamoglobin). This is a test that measures your average blood glucose readings over a 3-month period.

As dissussed with your doctor or nurse, your target HbA1c is

.....%

WHY WE MEASURE YOUR FASTING BLOOD GLUCOSE ?

Whilst HbA1c measurements show your overall blood glucose control, measuring your Fasting Blood Glucose (i.e. before breakfast) shows how good your control is at that specific time of day.

If your Fasting blood glucose is more than.....mmol/L then you may increase your Lantus dose as suggested in the table on the next page.

As discussed with your doctor or nurse, your target Fasting glucose level is

.....mmol/L

Before using the following table to adjust your Lantus dose, you must discuss with your doctor or nurse how and when to make any adjustment to your treatment

ADJUSTING YOUR LANTUS DOSE

Depending on your blood glucose results, you may have to adjust your **Lantus** dose every.....days. This can be done by:

- Taking the average of your last 3 Fasting blood Glucose (i.e. before breakfast) readings
- Finding this figure within the Fasting blood glucose ranges in the table (left hand column)
- Matching this to the lantus dose increase suggested for your next injection (right hand column)

Fasting blood glucose (mmol/L)	Lantus dose increase (Units)
5.5 - 6	2
6 - 7	4
7 - 9	6
More that 9	8

It is important to have good blood glucose control as this helps to maintain both your short and long- term health

- If you Fasting blood glucose reading is less thanmmol/L, you should reduce your next Lantus dose by.....Units
- If you have a hypoglycaemic event you should contact your Doctor or Nurse to discuss your Lantus dose

If you have any questions about your new treatment or diabetes, contact your Doctor or Nurse on

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