

## Department of Diabetes

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### Guidelines for adjusting twice daily Insulin

Your target blood glucose (BG) is \_\_\_\_\_

#### Before adjusting your insulin consider the following:

Does your BG have a pattern? (Look at the past 3 days)

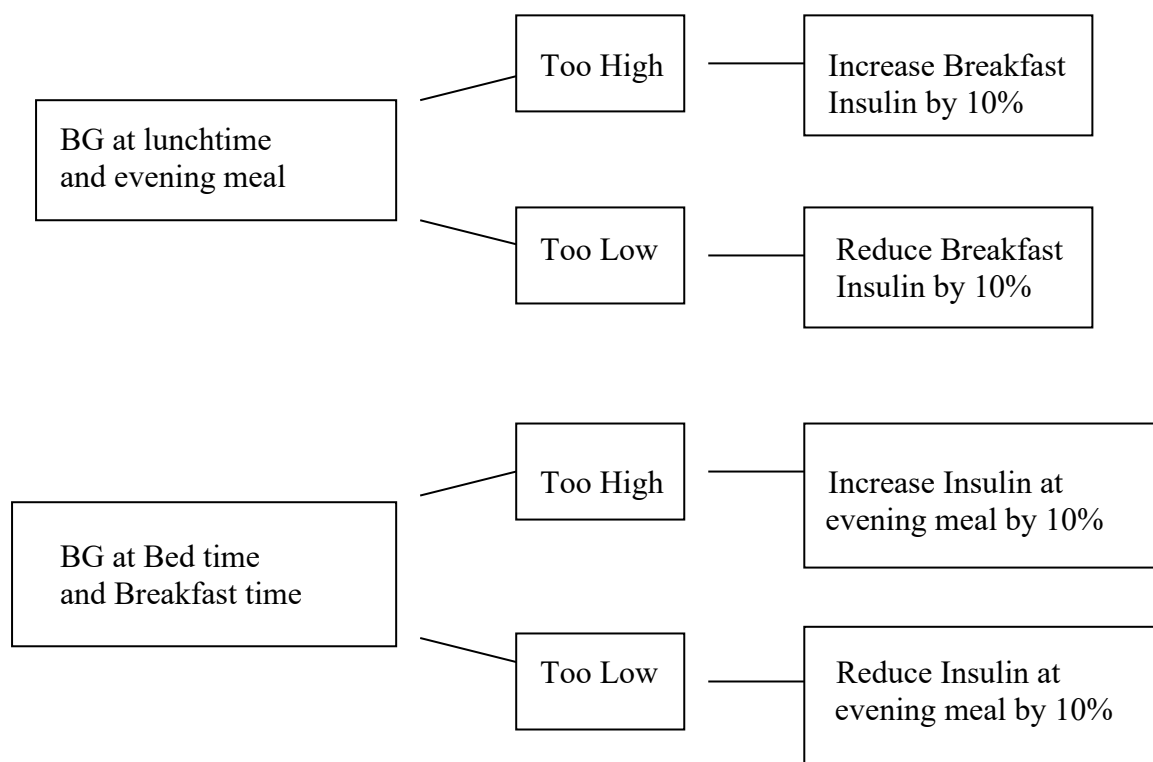
Is your BG too high/too low at the same time each day?

Can any of these BG be explained by a change in food?

Can any of these BG be explained by a change in exercise/ activity?

Can any of these BG be explained by alcohol?

Are my injection sites ok? (No lumps)



Adjust your insulin by 10% every 3<sup>rd</sup> day until you are at target