

Humulin I at bedtime

My target BG is _____

- Test BG every morning before breakfast and twice a week before evening meal.
- If fasting (morning) blood sugar is still above target after 3 days, increase insulin by 2 units.
- Continue to increase insulin by 2 units every 3rd day until target is met.
- If you get to 30 units of insulin you can then increase by 4 units every 3rd day until target is met.
- This can take several weeks/months to achieve
- Remember to rotate injection sites