

Humulin I at breakfast time

My target BG is _____

- Test BG every morning before breakfast and before evening meal.
- If BG are above target before evening meal 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