

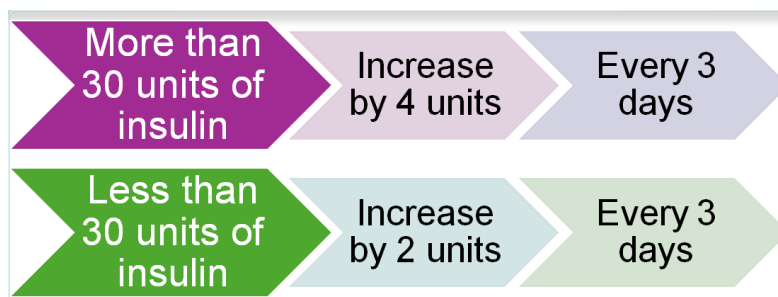
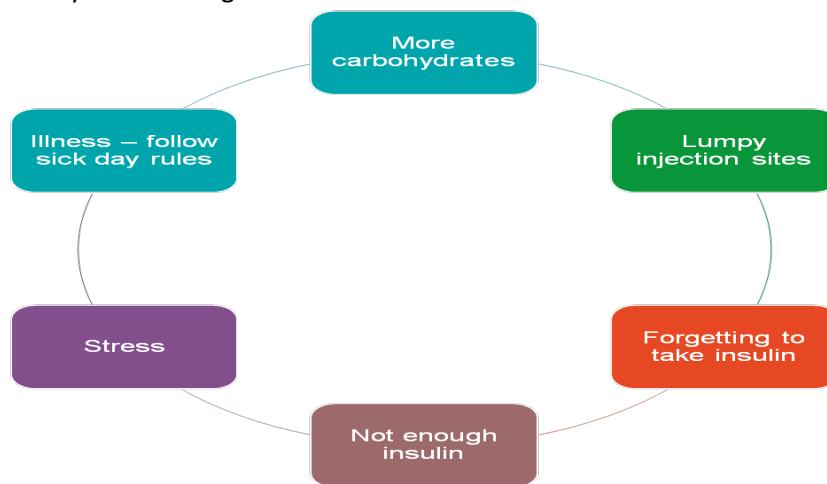
I am on insulin once or twice each day and Blood Glucose (BG) is above target.

For most people we would recommend BG of around 7mmols before breakfast and less than 12mmols later in the day.

- If you take insulin at **bedtime** – test first thing before breakfast
- If you take insulin in the **morning** – test before evening meal
- If you take mixed insulin – **test before each injection**

ALWAYS test before driving

What causes my BG to be high?



This may take several weeks/months. Most people need between 0.5 and 2 units of insulin per kg.

Diet and activity play a large role in diabetes management

Having good glucose control helps reduce the risk of complications

If you are living with obesity or are overweight losing weight is the most important thing you can do. Diabetes UK have lots of information on their website about diet and activity- www.diabetes.org.uk