

## **I take multiple daily injections of insulin**

Consider keeping a diary with Blood Glucose (BG), food, and activity for 1 week

- Before adjusting your insulin consider the following:
- Are my injection sites ok? (no lumps)
- Do your BG have a pattern? (look at the past 3 days)
- Are 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?

### **Adjusting background insulin** (eg; Lantus Levemir/Humulin I)

Your background insulin should hold your blood glucose level steady throughout the day/ night.

#### **To check background insulin if you take it in the evening**

- Have evening meal and meal insulin around 5pm.
- Have a quiet evening ie no exercise/no alcohol
- Check BG before bed, and before you have anything to eat in the morning.
- If BG is higher/ lower than target, adjust your background insulin in the evening.

#### **To check background insulin if you take it in the morning**

- Check BG when you wake.
- Delay/skip breakfast and check BG before lunch.
- If your BG is higher/ lower than your target adjust your insulin.

If you are having hypos reduce insulin daily until no hypos.

Do not correct high BG unless you have ketones.

Adjust your insulin by 2 units every 3<sup>rd</sup> day until you are at target.

Make sure your background insulin is correct before adjusting fast acting/ meal insulin

#### **To check fast acting/meal insulin** (eg:Novorapid, Fiasp, Humalog)

Ideally your BG 2 hours after a meal should be within 2mmols of your pre meal BG.

If you need help with carbohydrate counting or dose adjustment let us know.

