How to adjust your insulin doses
If you are new to insulin therapy, you will be starting on a fairly low dose of insulin. It is likely that this dose will need to be increased over the next few weeks.

With help from a Diabetes Nurse, you will learn how to adjust your insulin doses appropriately. When commencing insulin, you should have regular contact with a Diabetes Nurse for advice and support as needed.

Insulin doses may need to be adjusted at certain times e.g. during illness, increased activity or episodes of hypoglycaemia. You will be given written information at your appointment.

**How to adjust your insulin doses**

For those people taking a twice daily ‘fixed mix’ insulin - eg. Novomix 30, Mixtard, Humalog Mix

- The insulin you take at **breakfast time** affects your blood glucose level at **lunchtime** and **evening meal time**.
- The insulin you take with your **evening meal** affects your blood glucose level at **bed time** and the **following morning**.
- If the blood glucose levels across the day are above 10 mmol/L, increase both doses of insulin by 2 units.
- Continue to give these new doses for 2 days and monitor your blood glucose levels as usual, before meals and bed (before your bedtime snack, if required).
- **NB people using Mixtard insulin will always need to take regular snacks between meals.**
- If the blood glucose levels on the new doses are still above 10 mmol/L across the day, increase both the insulin doses again, 2 units every 3 days until you achieve a single blood glucose result before meals and bed.
- The morning insulin dose affects the blood glucose level at lunchtime and evening meal time.
- The evening insulin dose affects the blood glucose level at bedtime and the following morning.

**Basal-bolus insulin regime**

- If your fasting-blood glucose levels are above 10 mmol/L, you should increase your background insulin.
- With Lantus (Glargine) insulin, this can be a daily dose adjustment of 2 units.
- With Levemir (Detemir) insulin, this dose is adjusted 2 units every third day.
- You will be taught how to adjust your meal related insulin in conjunction with carbohydrate counting.
- This will allow more flexibility with greater control.