

Guidelines for Titration

If Breakfast BG is:		If Lunch BG is:		If Supper BG is:		If Bedtime BG is:		If Overnight BG is:
LOW (below 5.0 mmol/L)	HIGH (above 10.0 mmol/L)	LOW (below 5.0 mmol/L)	HIGH (above 10.0 mmol/L)	LOW (below 5.0 mmol/L)	HIGH (above 10.0 mmol/L)	LOW (below 5.0 mmol/L)	HIGH (above 10.0 mmol/L)	LOW (below 5.0 mmol/L)
Decrease	Increase	Decrease	Increase	Decrease	Increase	Decrease	Increase	Decrease
Bedtime BASAL		Breakfast BOLUS		Lunch BOLUS or Breakfast BASAL		Supper BOLUS		Bedtime BASAL
If ALL BG are HIGH (greater than 10.0 mmol/L), Calculate TDD from last 24 hours, Increase TDD by 10-20% and Recalculate all Basal, Bolus and Correction Doses								
If HYPERGLYCEMIA OR HYPOGLYCEMIA : Discuss with patient to determine if change in activity or oral intake was the cause. If yes, monitor carefully. If otherwise unexplained, increase or decrease doses by 10-20% as per Titration Table above.								