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Insulin Adjustment Guidelines

Know the signs of low blood sugar!

★ Are your blood sugars from the past 2 days in the target range?

Blood Sugar Target Range	
Before meals	4.0 to 7.0 mmol/L
2 hour after meals	5.0 to 10.0 mmol/L

★ Only change **one** insulin type (long-acting) _____ or (rapid-acting) _____ at a time. See how it affects your blood sugars over a **2 day time period** before making another change to your insulin.



Too Low

Blood sugar less than 4.0 mmol/L (called hypoglycemia) **treat right away.**

What caused it? Missed or smaller meal? Increased exercise? Unsure?

If you don't know, then **decrease** your:

Mealtime rapid-acting insulin by

1 unit 2 units for the last dose given **before** you had the low blood sugar.

Evening basal insulin by

1 unit 2 units to stop the low fasting blood sugars in the morning.

It's best to call your diabetes clinic _____ or Health Link at **811** for help with this.



In Target Range

Good work, continue to follow your diabetes plan of care and monitor your meal plan.

Plan ahead for any events out of the usual so that you can work through them and stay in your target range. Talk with your diabetes team ahead of time for help.



Too High

Which blood sugar level was high for 2 days?

Fasting blood sugar

Increase your **long-acting** insulin tonight by _____ unit(s).

After breakfast blood sugar

Increase your breakfast **rapid-acting** insulin tomorrow before breakfast by _____ unit(s).

After lunch blood sugar

Increase your lunch **rapid-acting** insulin tomorrow before lunch by _____ unit(s).

After supper blood sugar

Increase your supper **rapid-acting** insulin tomorrow before supper by _____ unit(s).