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|  **A Guide to Insulin Adjustment** | **Heart of England NHS Foundation Trust** |
| **Basal Insulin**  | Lantus / Levemir / Insulatard / Humulin- | **Blood Glucose Monitoring and Carbohydrate Counting Food Diary** |
| Increase by 2 units every 4 days until most of the tests before meals are between 4.0 and 7.0 mmol/L. Decrease by 2 units if tests are dropping below 4.0 mmol/L | For patients on basal bolus insulin regimen |
| **Mealtime (Bolus) Insulin** | Humalog /Novorapid / Apidra | Use this diary to keep a record of your blood glucose levels, your dose of short acting insulin and the amount of carbohydrate/starchy food eaten. |
| If the test is much higher after the meal than before this means you did not have enough insulin with that amount of starchy food. Try increasing the dose by 2 units next time. If the blood sugar was lower after the meal than before, then you had too much insulin with this amount of starchy food. Try reducing the dose by 2 units next time.  |
| **Your Name** |  |
| **Your Dietitian** |  |
| **Your DSN** |  |

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| --- | --- | --- | --- | --- |
| **CURRENT INSULIN REGIME** | **Breakfast** | **Lunch** | **Eve meal** | **Bedtime** |
| Time: | Time: | Time: | Time: |
| **Name of basal insulin** |  |  |  |  |  |
| **Name of meal time/bolus insulin** |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Mealtime****Insulin dose**  | **Pre-meal blood glucose.**This shows the effect basal insulin  | **2 hrs after meal blood glucose.**This shows the effect mealtime (bolus) insulin | **Date** | **Mealtime****Insulin dose**  | **Pre-meal blood glucose.**This shows the effect basal insulin  | **2 hrs after meal blood glucose.**This shows the effect mealtime (bolus) insulin |
| **Morning** (write meal here) |  |  |  | **Morning** (write meal here) |  |  |  |
| **Lunch** (write meal here) |  |  |  | **Lunch** (write meal here) |  |  |  |
| **Evening Meal** (write meal here) |  |  |  | **Evening Meal** (write meal here) |  |  |  |
| **Bedtime glucose:** |  | **Bedtime insulin dose** |  | **Bedtime glucose:** |  | **Bedtime insulin dose** |  |
| **Comments e.g. exercise ?when and what type** | **Comments e.g. exercise ?when and what type** |
| **Date** | **Mealtime****Insulin dose**  | **Pre-meal blood glucose.**This shows the effect basal insulin  | **2 hrs after meal blood glucose.**This shows the effect mealtime (bolus) insulin | **Date** | **Mealtime****Insulin dose**  | **Pre-meal blood glucose.**This shows the effect basal insulin  | **2 hrs after meal blood glucose.**This shows the effect mealtime (bolus) insulin |
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