

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	
<p>Increase by 2 units every 4 days until most of the tests <u>before</u> meals are between 4.0 and 7.0 mmol/L.</p> <p>Decrease by 2 units if tests are dropping below 4.0 mmol/L</p>		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.	
<p>If the test is much <u>higher after the meal</u> 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.</p> <p>If the blood sugar was <u>lower after the meal</u> than before, then you had too much insulin with this amount of starchy food. Try reducing the dose by 2 units next time.</p>			
Your Name			
Your Dietitian			
Your DSN			

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

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