

Patient Information

Guide to Insulin Dose Adjustment for People with Type 2 Diabetes

Twice a day Mixed Insulin (e.g. Humulin M3, Novomix 30)

You are using insulin. This is a mixture of short and longer acting insulin. The morning injection controls your blood glucose level before lunch and before evening meal. The evening injection controls your blood glucose level before bedtime and before breakfast.

Check your blood glucose 4 times a day (before breakfast/lunch/evening meal and before bed) when you first start this insulin. Once your control is stable and adequate, reduce testing to once a day at different times of the day (pre-meals, 2h post meals and bedtime) You should take an average of 3 readings before deciding if you need to adjust the insulin dose. The table below will guide you:

Personal target	Suggested dose adjustment	Personal plan
If the average of () readings before breakfast or bedtime is:	Change in <u>evening</u> Insulin Dose:	Change in <u>evening</u> Insulin Dose:
	-2 units	
	No adjustment	
	+2 units	
If the average of () readings before lunch or evening meal is:	Change in <u>morning</u> Insulin Dose:	Change in <u>morning</u> Insulin Dose:
	-2 units	
	No adjustment	
	+2 units	
	+4 units	

This is a guide to insulin dose adjustment for people with Type 2 Diabetes on insulin. The table given above is a guide only. Individual targets should be agreed between the health care professional and the patient, and reviewed regularly. Every effort must be made to empower patients to adjust their own insulin doses.