

Patient Information

Guide to Insulin Dose Adjustment for People with Type 2 Diabetes

Three times a day Humalog Mix 50

This is a mixture of 50% short acting and 50% longer acting insulin. The morning injection controls your blood glucose level before lunch. The lunchtime injection controls your blood glucose level before your evening meal. The evening injection controls your blood glucose level before bedtime and before breakfast.

Check your blood glucose 4 times daily (before breakfast/lunch/evening meal and before bed) when you first start this insulin. Once control stable and adequate, reduce testing to once a day at varied times (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 lunch is:	Change in <u>morning</u> Insulin Dose:	Change in <u>morning</u> Insulin Dose:
	-2 units	
	No adjustment	
	+2 units	
	+4 units	
If the average of () readings before evening meal is:	Change in <u>lunch</u> Insulin Dose:	Change in <u>lunch</u> Insulin Dose:
	-2 units	
	No adjustment	
	+2 units	
	+4 units	
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	
	+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.