

Patient Information

Guide to Insulin Dose Adjustment for People with Type 2 Diabetes

Once a Day Intermediate / Long Acting Insulin (e.g. Insulatard, Glargine)

You are using insulin. This insulin lasts for hours and is usually taken at night unless advised otherwise by your nurse/doctor. Your blood glucose level before breakfast will help you decide how much insulin to take.

Check your blood glucose once a day before breakfast.

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 is:	Change in Insulin Dose:	Change in 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.