

# • Adjusting Your Insulin Dose

## ☐ Long Acting Insulin

1. Your current/starting dose of long acting insulin is \_\_\_\_ units.
2. Check your blood sugar when you wake up and before you go to bed.
3. Increase your long acting insulin by \_\_\_\_ unit(s) every \_\_\_\_ day(s) until \_\_\_\_.
4. If you have a low blood sugar (< 4 mmol/L) decrease your long acting insulin by \_\_\_\_ unit(s). If you have more than two lows in one week, call your diabetes educator.

### Other Instructions

## ☐ Rapid Acting Insulin

1. Your current/starting dose of rapid acting insulin is:  
Breakfast: \_\_\_\_ u      Lunch: \_\_\_\_ u      Supper: \_\_\_\_ u      Snacks: \_\_\_\_ u
2. Adjust your insulin dose one meal at a time.
3. Check your blood sugar before each meal and at bedtime.
4. Start with adjusting your insulin at:  
☐ Breakfast      ☐ Lunch      ☐ Supper      ☐ Snacks
5. If your blood sugar before your next meal is higher than \_\_\_\_ mmol/L, increase your rapid acting insulin by \_\_\_\_ u.

**NOTE:** It is important to remember that the blood sugar at a meal tells you if the dose you took at the meal before was correct. For example, if you take your current dose of insulin at breakfast and your blood sugar before lunch is above target, then you will increase your dose of rapid acting insulin **AT BREAKFAST**.

**CARBOHYDRATES:** Carbohydrates are the foods that our body turns into sugar. The amount of rapid acting insulin you need is based on how much of these foods you are eating. If you are adjusting your mealtime insulin, it is important to have the same amount of carbohydrate at your meals from day to day. If you are not eating any carbohydrate at a meal, **DO NOT** take rapid acting insulin. If you are unsure of how to match your insulin to your food, speak with your diabetes educator.

### Other Instructions

Educator: \_\_\_\_\_

Date: \_\_\_\_\_