

SEL Managing your insulin dose

Information for people living with type 2 diabetes,
who use background or basal insulin one time each day

- Brand name and strength of insulin
.....
- Insulin device
.....
- Your starting dose of insulin will be units at (insert time)
- Start date

Increasing your own insulin dose safely

Step 1: Inject your insulin at about the **same time every day**. Your healthcare professional will have told you the amount of insulin to inject, and how to inject it.

Step 2: Monitor your blood glucose (sugar) levels(how often e.g. every day). We agreed that your blood glucose target level should be mmol/L at (time of the day)

Step 3: After monitoring your blood glucose level, if your blood glucose readings are all abovemmol/L, on 3 different days in a row increase your insulin dose by **2 units**. Do not increase your insulin dose more often than every 3 days.

If you reach an insulin dose of units, contact your diabetes healthcare professional before increasing the dose any further.

Hypoglycaemia (low blood glucose levels), also called a ‘hypo’

- A hypo is when your blood glucose falls below 4.0mmol/L.
- You might only get some symptoms of a hypo, or none at all.
- A hypo can happen at any time of the day or night.
- A ‘severe hypo’ is when you cannot manage the hypo yourself, and you have needed help from another person.

If you have a hypo at any time, follow the instructions given to you by your diabetes healthcare professional or the ones in the hypoglycaemia guide you have been given. **If you have a severe hypo or more than 2 hypos in a week, reduce your insulin dose by units and contact your GP practice or diabetes healthcare professional for further advice.**

Patient name Date of birth

Prescriber signature Date

Prescriber name

Contact number for advice

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