

Managing your insulin dose

For adults aged 18 years or older, living with type 2 diabetes and use background or basal insulin 1 time each day

- Brand name of insulin
- Your starting dose of insulin will be units, taken at (insert time)
- Start date

Adjusting your own insulin dose safely

Step 1

Monitor your blood glucose (sugar) levels (how often)

- Your blood glucose target range should be between and mmol/L (insert time). These targets might change over time.

Step 2

Adjust insulin dose as needed:

- If your blood glucose readings are all **above** the target range on 3 days in a row, increase your insulin dose by **2** units.
- If your blood glucose readings are above 4 mmol/L but **below** the target range for 3 days in a row, decrease your insulin dose by **2** units.
- Do not adjust 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 again.

If your blood glucose levels are below 4 mmol/L at any time (also known as hypoglycaemia or 'hypo'), follow the instructions that you have been given about how to treat this.

Then reduce your insulin dose by units. Contact your GP practice or diabetes healthcare professional for advice if hypos persist for over 3 days despite insulin reduction.

Patient name Date of birth

Prescriber signature Date

Prescriber name

Contact details for advice, **phone**

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