



Altering Insulin Doses to keep good control – Ten Top Tips

In order to keep blood glucose (BG) levels good while your child grows, you will need to change insulin doses in between clinic visits. These tips help you to know what to do and when.

1. BG level targets are 4-7 first thing in the morning, 4-8 before meals and 5-8 before bed.
2. Keep a record book (BG diary) and try to fill it in at least twice a week with all the BG levels from your child's meter.
3. Look at the book every week with your child/young person and compare your BGs to target levels - that way they will learn with you about how to change doses.
4. Always give your usual correction dose if BG levels are more than 8 before a meal, and more than 12 at snack times. If you don't know what this is, and you are having BG levels more than 8 regularly (more than 3 or 4 times), please get in touch with your nurse.
5. Look for patterns of high BG levels and Increase insulin doses if BG levels are high 4 days or more in a week (more than 8.0 mmol/l).
6. If you have high BG levels in the mornings (more than 7.0 for 4 days or more in the week), and these are not because of high levels before bed, increase your Lantus (or overnight basal rates if you are on a pump).
7. How to increase Lantus doses (or basal doses if you are on a pump) –
 - a. If you have less than 7 units, increase by alternating doses e.g. go up from 3 units to 3 and 4 units alternate nights/mornings.
 - b. If you have 7- 20 units, increase by 1 unit at a time
 - c. If you have more than 20 units, increase by 2 units at a time.
 - d. On a pump Basal rates can go up overnight by 0.05 – 0.1 units per hour for 10 hours (total 0.5 – 1.0 extra units)
8. If you have high BG levels before bed increase the evening meal dose by 0.5 to 1 unit from now on. Either add on this amount to your usual carbohydrate ratio, or increase the insulin to carbohydrate ratio (ICR) if you have a pump or Expert meter
9. If you have high BG levels for 4 or more days in a week before a particular meal, increase the insulin dose for the meal eaten earlier in the day BEFORE the high levels. For example if you are high at lunch-time, increase the breakfast dose. Again you can just add 0.5 to 1 unit to the meal dose you work out each day.
10. **If you are not sure what to change, or would like some discussion then please don't hesitate to call your nurse.** Please also let your nurse know if you have made some changes.