**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_ NHI: \_\_\_\_\_\_\_\_\_\_\_\_**

**Insulin name** [Insulin name]

**Current dose:** \_\_\_\_ units [AM/PM]

**Steps:**

1. Check glucose when you wake up (before eating)
2. Look at the trend for 3 days in a row

|  |  |  |  |
| --- | --- | --- | --- |
| **Fasting glucose levels** | **Day 1** | **Day 2** | **Day 3** |
| Above 7.0 mmol/L |  |  |  |
| 4.0 – 7.0 mmol/L |  |  |  |
| Under 4.0 mmol/L |  |  |  |

WARNING: If you have any glucose levels are under 4.0 mmol/L call your diabetes team

for help to **reduce your insulin dose**. Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. If your fasting glucose levels are consistently **above 7.0mmol/L** then
2. **Increase your** [insulin name] **by** [enter dose] units [AM/PM]

**New dose:** \_\_\_\_\_ units of [insulin name] [AM/PM]

1. **Repeat the process**

**Stop increasing insulin when:**

* Waking glucose is less than 7.0 mmol/L
* Any blood glucose below 4.0 mmol/L (at any time of the day)
* You reach [xx] units once daily

Prescribed by: [HCP name and role] Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

[HEALTHCARE TEAM CONTACT DETAILS]