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

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

**Look at your waking glucose\* levels over the last 3 days**

 **Look for patterns and trends**

\* Glucose = blood sugar

**How to increase my long-acting insulin:**

1. **Increase** [Insulin name] **by** [dose] units
2. Stay on this dose for 3 days
3. Return to the start of the process and 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]