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

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

**[Insulin name] doses are based on the amount of food you eat at mealtimes. When adjusting the dose, work on one meal at a time**

\* Glucose = blood sugar

**Insulin name** **[Insulin name]**

\_\_\_\_ units with breakfast \_\_\_\_ units with lunch \_\_\_\_ units with dinner

**Steps:**

1. Choose the meal you are going to focus on
2. Check glucose before the meal
3. Check the glucose 2 hours after the meal
4. Look at the trend for 3 days in a row

|  |  |  |  |
| --- | --- | --- | --- |
| **2 hours after meal glucose level** | **Day 1** | **Day 2** | **Day 3** |
| More than 3.0 higher |  |  |  |
| 1-3 higher |  |  |  |
| Lower than [XX] |  |  |  |

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

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

1. If your glucose levels 2 hours after the meal are **3.0mmol/L or higher** than the glucose before the meal for 3 days then;
2. **Increase [Insulin name]** with that meal **by** 2 units
3. **Repeat the process**

**Stop increasing insulin when:**

* Glucose level 2 hours after the meal is less than [XX] mmol/L
* Any blood glucose level below 4.0 mmol/L (at any time of the day)

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

[HEALTHCARE TEAM CONTACT DETAILS]