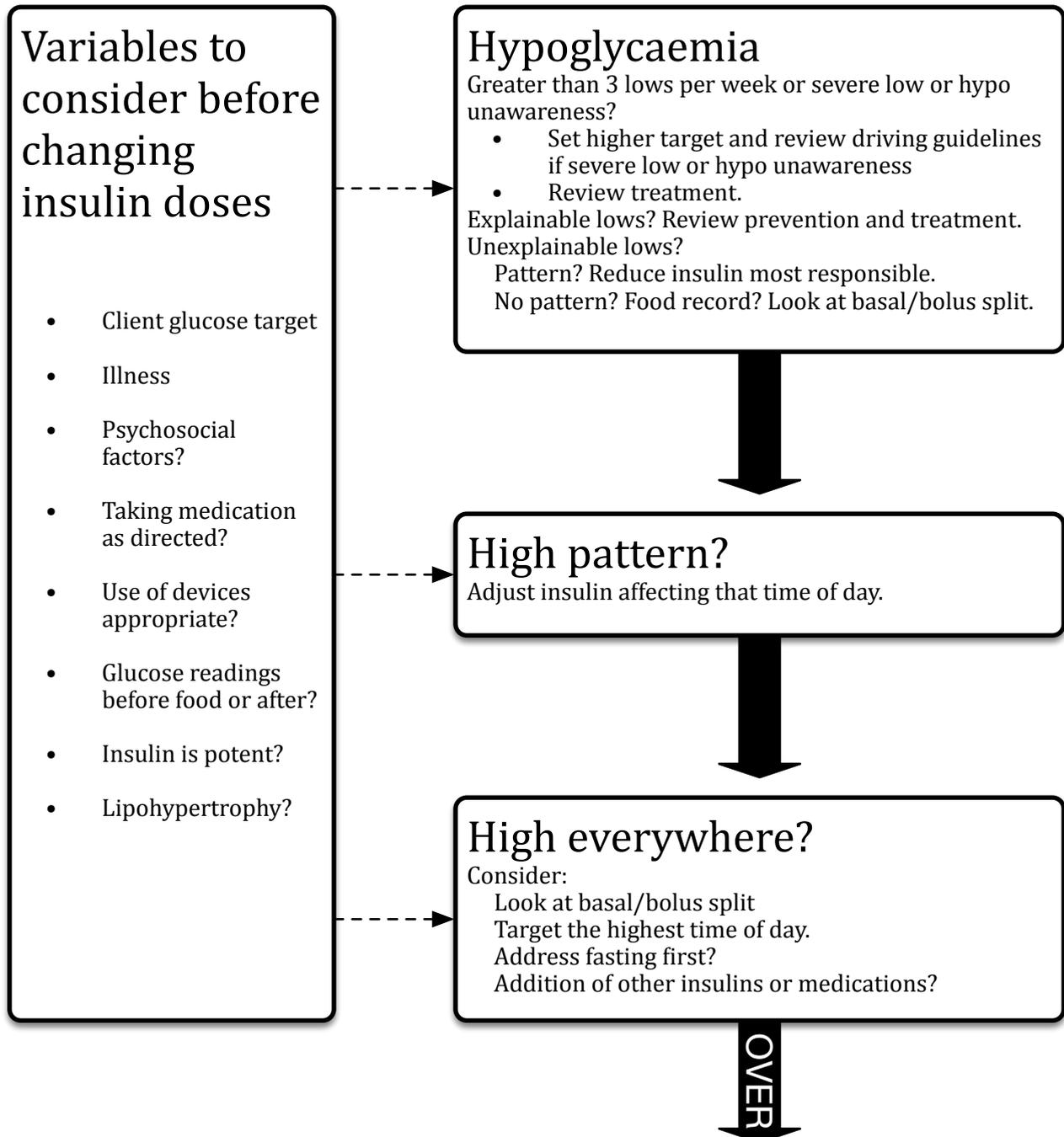


Condensed Guidelines for Insulin Adjustment

This is a condensed version of the Endo/Metab resource “Desktop Guidelines for Insulin Adjustment”, and is used for visualization purposes only.

In all cases, look at variables along the left, before recommending insulin dose changes.



Erratic readings

Variables to consider before changing insulin doses

- Client glucose target
- Illness
- Psychosocial factors?
- Taking medication as directed?
- Use of devices appropriate?
- Glucose readings before food or after?
- Insulin is potent?
- Lipohypertrophy?

Assess overnight basal first
(look for stable glucose)

Meal bolus

Find pre-meal reading in target
Assess glucose reading before next meal. (Consider whether or not there's a snack between: May need smaller snack or addition of insulin dose)

If there are no ac readings in target
Look for glucose reading stable from one meal to the next. That represents an appropriate dose for the carb at that meal.

If pc reading OK but high by next meal
Increase basal working during that time (and reduce bolus)

Assess correction dose
Ideal: High glucose reading - skip meal and use only correction
If sure about dose for carb: Look for high reading, and compare reading ac meal to ac next meal