

Basic Insulin Adjustment Table

If BREAKFAST glucose is:		If LUNCH glucose is:		If SUPPER glucose is:		If BEDTIME glucose is:		If OVERNIGHT glucose is:
LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW	HIGH	LOW
Decrease	Increase	Decrease	Increase	Decrease	Increase	Decrease	Increase	Decrease
Bedtime Basal		Breakfast Bolus		Lunch Bolus		Supper Bolus		Bedtime basal or bedtime snack bolus

Notes:

- The above table is adapted from Alberta Health Services' Basal Bolus Insulin Therapy www.bbit.ca
- The role of basal, especially in BBIT, is to hold glucose readings stable overnight e.g. within a few mmol/L.
- Refer to the [Insulin Adjustments webpage](#) if:
 - Almost all readings are high, you'll see options for [high everywhere](#).
 - Numerous lows over the day, you'll see options below [in hypoglycemia](#).