

INSULIN ADJUSTMENT

TIME OF DAY	IF BLOOD SUGAR TOO HIGH	IF BLOOD SUGAR TOO LOW
before breakfast	<ul style="list-style-type: none"> • if high at 2 AM, ↑ dinner/bedtime N/basal • if low at 2 AM, move dinner N to bedtime or switch to basal • ↓ bedtime snack and check at 2 AM 	<ul style="list-style-type: none"> • if low at 2 AM, ↓ dinner/bedtime N/basal • if high at 2 AM, may need to reconsider dinner vs bedtime N or to ↓ bedtime snack; speak with MD • ↑ bedtime snack and check at 2 AM
before lunch	<ul style="list-style-type: none"> • ↑ morning R/rapid • ↓ breakfast and/or morning snack • if only using rapid in morning, add R to cover big morning snack, or combine snack into breakfast 	<ul style="list-style-type: none"> • ↓ morning R/rapid • ↑ breakfast and/or morning snack • if not eating a morning snack, consider switching morning R to rapid
before dinner	<ul style="list-style-type: none"> • ↑ morning N • ↓ afternoon snack • if having a large afternoon snack, consider adding pre-snack rapid to cover this 	<ul style="list-style-type: none"> • ↓ morning N • ↑ afternoon snack • if taking extra rapid for afternoon snack, ↓ dose
before bed	<ul style="list-style-type: none"> • ↑ dinner R/rapid • ↓ dinner 	<ul style="list-style-type: none"> • ↓ dinner R/rapid • ↑ dinner
2-3 AM	<ul style="list-style-type: none"> • if high before breakfast, ↑ dinner/bedtime N/basal • if high before breakfast, ↓ bedtime snack slightly • if low before breakfast, may need to reconsider dinner vs bedtime N or to decrease bedtime snack; speak with MD 	<ul style="list-style-type: none"> • if low before breakfast, ↓ dinner/bedtime N/basal • if high before breakfast, move dinner N to bedtime or switch to dinner/bedtime basal • ↑ bedtime snack and then check morning sugars • consider whether a delayed low from exercise? • consider switching dinner R to rapid

Abbreviations: N = N or NPH; R = Regular or Toronto; basal = Lantus or Levemir; rapid = Humalog, NovoRapid or Apidra

REMEMBER:

- always consider immediate and delayed effects of exercise
- always consider possibility of extra or missed meals/snacks
- **whenever pre-breakfast blood sugars are out of target, check at 2 AM!**

See also our handout *Guidelines for Insulin Adjustment* and our *Online Insulin Dose Adjustment Self-Learning Program for Parents of Children with Diabetes*.