How to Adjust Insulin Doses

General tips:

- Always fix **lows first**.

- If **highs** at more than one time of day, <u>fix earliest time of day first</u>

For low sugars (1 unexplained low or a pattern of unexplained lows):

- Decrease the dose by 10%

- If blood sugar is still low the next day, keep decreasing the dose every day until you get rid of the lows.

- If blood sugar is high the next day, it's OK. Wait 2 days before making more changes.

For high sugars (Pattern of 3 highs at the same time every day):

- Make a 10% increase to the dose

- Wait and see at least 3 days before making another change.

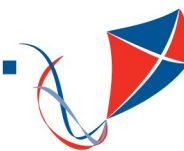## Which insulin should you adjust?
Follow these steps in this order: Look at Lantus/Levemir (or overnight basal rate if you are on an insulin pump), next carb ratio and last high blood sugar correction.

1. <u>Long-acting insulin (Lantus / Levemir) or overnight basal rate if on an insulin pump:</u>
   - <u>When to adjust?:</u> If you are not in range at these times:
     - Overnight and/or before breakfast
     - All day long
     - Drastic drops or rises overnight
   - <u>How much to adjust?</u> Adjust the dose by 10%.
   - If **increasing** Lantus / Levemir dose or overnight basal rate because of highs, **always check a 2 am blood sugar**!
2. <u>Short-acting insulin (Novolog/Humalog/Apidra):</u>
   - <u>When to change carb ratio?</u>
     If you are not in range at these times:
     - Before lunch, dinner, or bedtime. Account for snacks because they can affect sugars.
     - Look for patterns by time of day for example: "I'm ALWAYS low after Lunch!"
     - <u>How much to adjust?</u> Adjust the dose by 10%.
   - <u>When to change high blood sugar correction?</u>

     If blood sugars are not in range but Lantus/Levemir or basal rate and carb ratio seem OK.

     - If blood sugars are not-in-range consistently 3 hours after giving a **high sugar correction.**
   - Look for patterns for example: "Whenever I give a high sugar correction, I always go low after!"
   - <u>How much to adjust?</u> Adjust by 10%.

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