

SELF-ASSESSMENT: AM I READY TO ADJUST MY INSULIN?

What Does It Mean to Self-Adjust My Insulin?

Self-adjustment of insulin means to assess your blood glucose and then take more or less insulin to reach or maintain your target blood glucose values.

Why would I want to adjust my own insulin?

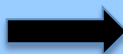
Once you are using insulin to treat your diabetes, adjusting your own insulin will lead to:

- Better control of your blood glucose
- Fewer visits to your diabetes team/doctor to adjust your insulin
- More confidence
- A recognition that you are the one most able to manage your blood glucose values

What Do I Need to Know to Adjust My Own Insulin?

To safely self-adjust your insulin there are a number of things you need to know. Using the table below, place a check mark (√) in the column that best describes your understanding of each item.

Do you have a very good understanding or does it need some work? Remember, the diabetes team will work with you and support you as you learn to adjust your insulin.

MY UNDERSTANDING IS... 	VERY GOOD	FAIR	NEEDS SOME WORK
I understand the risks of high and low blood glucose			
I understand how my insulin works (when it works, for how long, and which meals/snacks it covers)			
I understand the importance of testing my blood glucose routinely (it could be 4-6 times a day) when adjusting my insulin dose			
I understand what my blood glucose results mean (high, low, just right) AND what causes changes in my blood glucose (exercise, extra or less food, stress, alcohol, etc.)			
I know my target blood glucose values: <ul style="list-style-type: none"> • before breakfast _____ • before lunch _____ • before supper _____ • at bedtime _____ 			
I am able to follow simple guidelines for how much insulin to take and when to take it			
I know when to seek advice from my diabetes team/doctor			