

PART 1: INSTRUCTIONS ON HOW TO SELF-ADJUST YOUR INSULIN

Getting Started. Think about this as a step-wise process to help get the results you want.

1. Know your **blood glucose targets**. Write your targets in this table.

Testing Time	Breakfast	Lunch	Supper	Night time
Target Values				

2. Know your **insulin**. When does your insulin work it's hardest, and what blood glucose value (time) does it affect?

Insulin name	Time taken	Blood glucose value that it affects (time)

3. Review your **blood glucose values** (in your log) over a period of 2-3 days.

Blood Glucose Log: Record your blood glucose results below.

Date	Breakfast	Lunch	Supper	Night time

4. Look for **patterns of high or low** values, as they relate to **your targets**.

For example, if your target is 4.0-7.0 before breakfast and you are 3.0-3.9, you will need to adjust your insulin. Circle the values that are below your target, and mark with an **X** those that are above your target.

- What do you do with low values (v)? ↑ Insulin ↓ Insulin
- What do you do with high values (v)? ↑ Insulin ↓ Insulin

5. It is important to always adjust for the **low values first**. To adjust your insulin you are looking for patterns with your blood glucose results. Remember your blood glucose targets, and look for patterns.

Usually adjust by no more than 1-3 units at a time. Follow the guidelines in **PART 2**.

PART 2 : WHEN STARTING ONE INSULIN ONLY

Our focus is on improving your Breakfast / Bedtime blood glucose values (circle the time).

My basal insulin is:	
Goal	Goal is to improve breakfast blood glucose values.
Target	Your blood glucose target at breakfast is: _____ mmol/L
Instruction	Increase your breakfast/nighttime insulin by: _____ units _____ day(s) until your morning reading is: _____ mmol/L
Hypoglycemia	If you experience a blood glucose less than _____ mmol/L at breakfast, you will need to lower your dose by _____ unit(s) until the blood glucose is at your target.
Next steps	When your morning blood glucose levels are: _____ mmol/L call your health care provider, _____ at: _____ for your next steps.

Additional Comments: _____

PART 3: WHEN STARTING ON MEAL TIME INSULIN

My meal time insulin is:	
Goal	Goal is to improve blood glucose values before meals.
Target	Your blood glucose target at before meals is: _____ mmol/L
Instruction	Increase your meal time insulin by: _____ units _____ day(s) until your 2-hour after meal reading is 2 mmol/L higher
Hypoglycemia	If your blood glucose is less than 2 mmol/L higher after eating, you will need to lower your dose by _____ unit(s) until the blood glucose is at Your target.
Next steps	When your before meal and 2 hour after blood glucose levels are at target, your health care provider, _____ at: _____ for your next steps.

Additional Comments: _____

