

TOM ELLIOTT MBBS
ENDOCRINOLOGY, DIABETES & INTERNAL MEDICINE

Dr. T.G. Elliott Inc.
4102 – 2775 Laurel St.
Vancouver, BC V5Z 1M9, CANADA

ph 604 - 875-5900
fax 604 - 875-5931
moa.elliott@thepatientclinic.ca.ca

Basal Insulin Adjustment

- Test your blood sugar every day before breakfast.
- Your target blood sugar before breakfast is: _____
- Your starting dose of basal insulin is _____ units. Take it before breakfast bed breakfast&bed
- If your blood sugar before breakfast is ***below*** your target ***decrease yesterday's dose by 4 units***.
 - Example: You took 20 units of insulin yesterday. Your blood sugar before breakfast is below target at 4.8. Today you should take 16 units (20 – 4 = 16).
- If your blood sugar is within your target range ***take the same dose as yesterday***.
 - Example: You took 20 units of basal insulin yesterday. Your blood sugar before breakfast is 6. This is within your target range. Today should take 20 units again.
- If your blood sugar is above your target ***increase yesterday's dose by 2 units today***.
 - Example: You took 20 units of basal insulin yesterday. This morning your blood sugar is high at 9.2. This is above your target range. Today you should take 22 (20 + 2 = 22).

Practice Adjustments

<u>Day</u>	<u>Sugar before breakfast</u>	<u>Insulin Dose</u>
Day One	13.0	_____
Day Two	11.4	_____
Day Three	10.2	_____
Day Four	8.6	_____
Day Five	6.3	_____
Day Six	4.8	_____
Day Seven	8.8	_____
Day Eight	3.8	_____
Day Nine	7.1	_____
Day Ten	10.1	_____
Day Eleven	8.2	_____
Day Twelve	3.3	_____
Day Thirteen	6.9	_____
Day Fourteen	5.5	_____
Day Fifteen	7.0	_____
Day Sixteen	9.9	_____