



**The Leeds
Teaching Hospitals**
NHS Trust

Self adjustment of twice daily insulin

Information for
patients

How your insulin works

Morning Insulin

Administered before breakfast - works throughout the day

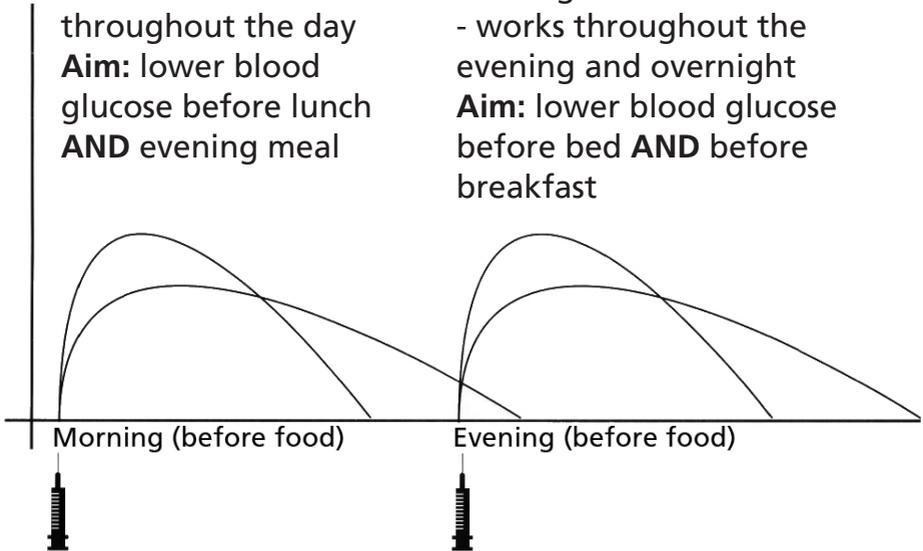
Aim: lower blood glucose before lunch **AND** evening meal

Evening Insulin

Administered before evening meal

- works throughout the evening and overnight

Aim: lower blood glucose before bed **AND** before breakfast



How to adjust our insulin

- If your blood glucose is high then you require MORE insulin
- If your blood glucose is low then you require LESS insulin

Important- before adjusting your insulin check:

1. Your diet is correct, and that you are having the correct portions at the right time
2. Do not adjust your insulin on the basis of ONE blood glucose reading -wait and see if there is a trend up or down (usually 2-3 days)

3. Your insulin dosage may require increasing morning and evening but always wait 2-3 days before making another change in the dose of insulin (only increase or decrease by 2-4 units at any one time).

Adjustment of insulin

If glucose levels are high (9mmol/L or more):

1. If blood glucose level are high before lunch and evening meal, increase morning insulin by 2 - 4 units.
2. If blood glucose level are high (9mmols/L or more) before bed and breakfast next morning increase evening insulin by 2 - 4 units.

If glucose levels are low (below 4mmol/L):

1. If blood glucose levels are low before lunch and evening meal increase morning insulin by 2 - 4 units.
2. If blood glucose levels are low before bed and breakfast the next morning, increase evening insulin by 2 - 4 units.

These instructions are guidelines. If you are unsure of how to adjust your insulin or your blood sugars continue to remain high do not hesitate to contact your Diabetes Nurse.



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