

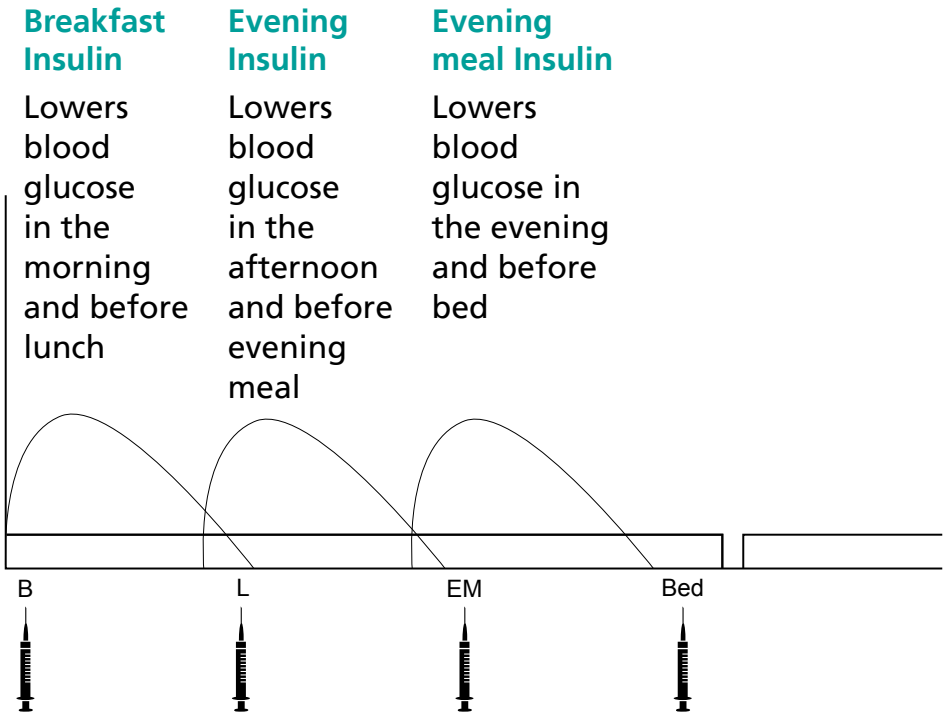


**The Leeds
Teaching Hospitals**
NHS Trust

Self adjustment of multiple daily insulin

Information for
patients

How your insulin works



This is known as the basal bolus regime:

- 3 injections of short acting, clear insulin (bolus)
- 1 or 2 injections of longer acting, clear insulin (basal)

IMPORTANT

1. Administer 4/5 injections per day - advisable to check blood glucose 4 times per day before meals.

How to adjust

This regime allows you to alter your insulin according to your lifestyle. For example

- **Activity**
- **Eating out**
- **Hot days**

Please contact your Diabetes Nurse for further information



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Developed by: Leeds Teaching Hospitals NHS Trust Diabetes Service
Produced by: Medical Illustration Services • MID code: M20230127_003/EP

LN003931
Publication date
01/2023
Review date
01/2026