

Insulin Adjustment: Fact Sheet

- **It is necessary to have a clear understanding of how different types of insulin work before being able to make adjustments to the insulin doses.**
- **Looking for patterns in the blood glucose levels over a 2-3 day period gives essential information that allows safe adjustment of insulin doses.**
- **The diabetes team is available to support families with making decisions regarding changes to the insulin doses.**
- **Additional fast acting insulin can sometimes be required if large amounts of afternoon tea are being consumed.**
- **In some situations it is appropriate to give an extra injection of fast acting insulin to bring blood glucose levels that are above target range into target range. It is recommended that doses of fast acting insulin are given no more frequently than 3 hourly.**
- **Additional doses of fast acting insulin are not recommended after 8pm due to the increased risk of hypoglycaemia overnight.**
- **Changes to the usual routines may affect blood glucose levels.**