

## **Transcript: *insulin adjustment***

“So when families ring us in the afternoon, we’re helping you adjust the insulin and we’re looking for patterns.

For instance in a younger child on injections before breakfast and before dinner, we look along here and we can see that the lunch time test has been a bit high three days in a row so we’ve adjusted the insulin and increased the actrapid from 3 units to 4 units in the morning.

We’ve looked at another three days where the blood sugars are a bit high in the morning and increased the protaphane from 4 to 5 units at dinner.

Looking for patterns and adjusting the insulin.

For a older child on what we call a basal bolus regimen with lantus in the morning and novorapid at breakfast, lunch, afternoon tea and dinner, again we’re looking for patterns, and if we find that the blood sugars have been high first thing in the morning we’re going to increase the lantus from 13 to 14 units and it takes a couple of days to take effect and bring the blood sugar down in the morning.”