

Insulin Titration and Dose Adjustment for Intermediate Acting Insulin

An information guide



Insulin Titration and Dose Adjustment for Intermediate Acting Insulin

Insulin titration and dose adjustment for:

Name:

Date of Birth:

NHS Number:

Name of Insulin:

Appointment Date:	Time:	Clinic Venue/Telephone

Following the introduction of your insulin there may be a need to increase your dose(s) rapidly.

This is a guide to support you with the dose adjustments of your once or twice daily intermediate insulin. **The dose adjustment if required should be made no sooner than 3 days intervals.**

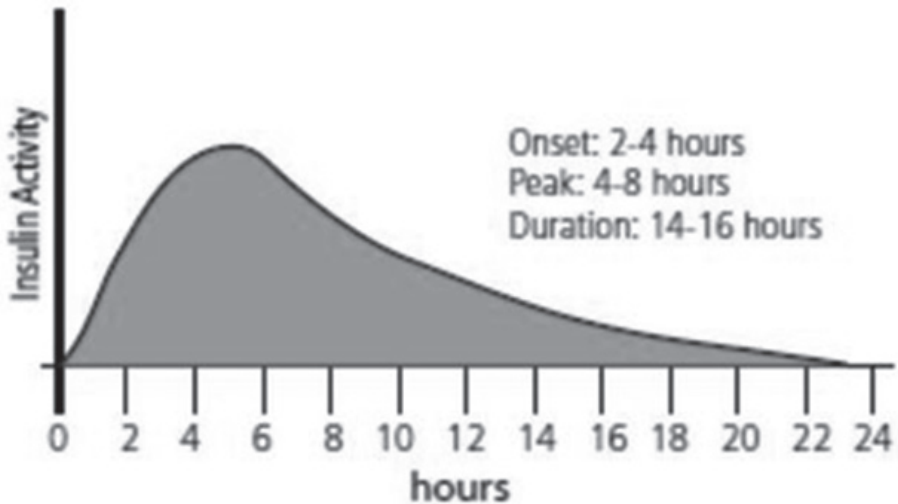
Your blood glucose levels will be reviewed at your next consultation by the Diabetes Specialist Team (DST).

Please refer to the table below for your individual blood glucose target ranges.

Blood Glucose testing times	Blood glucose <4mmol/l or hypo	Blood glucose ___ - ___ mmol/l	Blood glucose ___ - ___mmol/l (e.g. increase by 2 units)	Blood glucose ___ - ___mmol/l (e.g. increase by 4 units)
Before breakfast	Reduce evening meal insulin by ___ units	Optimal	Increase evening meal insulin by ___ units	Increase evening meal insulin by ___ units
Before evening meal	Reduce breakfast time insulin by ___ units	Optimal	Increase breakfast time insulin by ___ units	Increase breakfast time insulin by ___ units

If you experience any hypoglycaemic episodes please refer to the Trend hypoglycaemia leaflet for the correct treatment of hypoglycaemic or contact the DST for further advice. (see end of leaflet for your DST contact details)

Intermediate Acting Insulin: Humulin I, Insulatard, Insuman Basal



These are Cloudy insulins, and will require you to roll the pen in the palm of your hands 10 times forwards and backwards immediately before use.

They start to work within 2 to 4 hours after injection and peaks between 4 to 8 hours and can remain working for approximately 16 hours.

They can be given once daily or sometimes twice daily.

Contact Details:

Integrated Community Diabetes Service (ICDS)

Moorgate Primary Care Centre, Bury:

Telephone:- **0161 447 9847**

Phoenix Centre, Heywood, Middleton and Rochdale:

Telephone:- **01706 676711**

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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