

# Insulin Titration and Dose Adjustment for Pre-Mixed Insulin

An information guide



# Insulin Titration and Dose Adjustment for Pre-Mixed 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 pre mixed insulin. **The dose adjustments 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)
<b>Before breakfast</b>	Reduce evening meal insulin by ___ units	Optimal	Increase evening meal insulin by ___ units	Increase evening meal insulin by ___ units
<b>Before evening meal</b>	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 hypoglycaemia and contact the DST for further advice. (See end of leaflet for your DST contact details)

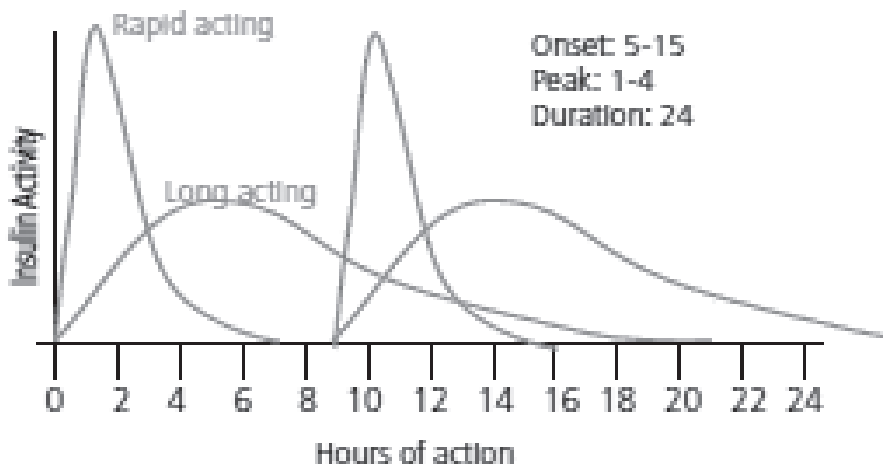
**Pre-mixed insulin:** include both pre mixed Analogues and pre mixed Human insulin. They include mixtures of short and rapid acting insulin and intermediate insulin.

They 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.

Pre-mixed insulins are most commonly taken twice per day with breakfast and evening meal.

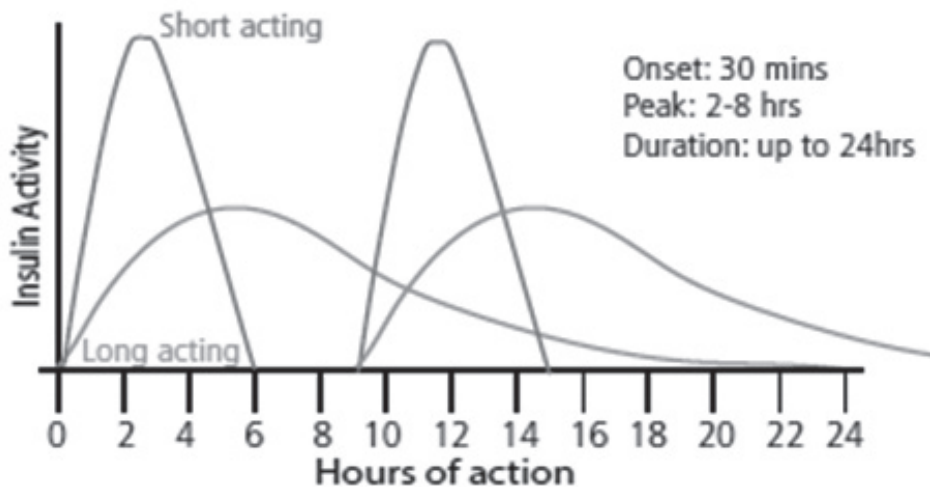
**Pre-Mixed Analogues:** Novomix 30, Humalog mix 25, Humalog mix 50.

**Pre-Mixed Analogues** can be taken immediately prior to eating



**Pre-mixed Human Insulin:** Humulin M3, Insuman Comb 25, Insuman Comb 50.

**Pre-mixed Human insulin** needs to be taken **20 to 30 mins** prior to eating.



## **Contact Details:**

Integrated Community Diabetes Service (ICDS)

Moorgate Primary Care Centre, Bury:

Telephone:- **0161 447 9847**

Phoenix Centre, Heywood, Middleton and Rochdale :

Telephone:- **01706 676 711**



**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

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

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

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

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**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](https://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](https://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: March 2021**

**Date of review: March 2021**

**Date of next review: March 2023**

**Ref: PI(IC)1095**

© The Northern Care Alliance NHS Group

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northernalliance.nhs.uk](http://www.northernalliance.nhs.uk)

