

# Adjusting insulin

## Information for pumpers

When your blood glucose levels are not in the target range, follow these steps to adjust your insulin during the day and night. Starting at Step 1, do each step for 3 days in a row to look for a pattern in your blood glucose levels. It may take up to 2 weeks to do all the steps for a full evaluation.

**BG = Blood glucose**

Time period and directions	When to check blood glucose	Evaluating your results
<p><b>Step 1</b></p> <p><b>Overnight:</b></p> <ul style="list-style-type: none"> <li>• Eat an early dinner (don't forget your bolus!)</li> <li>• Eat no food afterwards</li> <li>• Begin evaluation at bedtime</li> </ul>	<ul style="list-style-type: none"> <li>• Bedtime</li> <li>• Midnight</li> <li>• 3 am</li> <li>• Upon waking</li> </ul>	<p>After 3 days of testing:</p> <ul style="list-style-type: none"> <li>• Basal rates are correct if BG does not increase or decrease more than 2 to 3 mmol/L during evaluation.</li> </ul> <p><b>If BG increases:</b></p> <ul style="list-style-type: none"> <li>• Your basal rate needs to be increased 2 to 3 hours before the rise in BG.</li> </ul> <p><b>If BG decreases:</b></p> <ul style="list-style-type: none"> <li>• Your basal rate needs to be decreased 2 to 3 hours before the drop in BG.</li> </ul>

**When your morning BG is in your target range, you can go to step 2.**



**For all basal rate changes:**

If BG increases or decreases more than 2 to 3 mmol/L, adjust your basal rate (.05 to 0.1 u/hr) 2 to 3 hours before the BG rise or fall.

Time period and directions	When to check blood glucose	Evaluating your results
<b>Step 2</b> <b>Breakfast time:</b> <ul style="list-style-type: none"> <li>• Check your BG on waking</li> <li>• Begin evaluation if BG is in target range for your age</li> <li>• No carbohydrates between breakfast and lunch</li> <li>• Count carbohydrates and bolus <u>before</u> meal</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hours after finishing breakfast</li> </ul>	<b>Adjusting bolus</b> After 3 days of testing: <ul style="list-style-type: none"> <li>• If BG within 2 to 3 mmol/L do not adjust bolus.</li> <li>• If BG increases or decreases more than 2 to 3 mmol/L, adjust bolus (ratio).</li> </ul>
	<ul style="list-style-type: none"> <li>• Before lunch</li> </ul>	<b>Adjusting basal</b> After 3 days of testing: <ul style="list-style-type: none"> <li>• If BG increases or decreases more than 2 to 3 mmol/L, adjust basal rate.</li> </ul>
<b>If BG in target range, go to Step 3</b>		
<b>Step 3</b> <b>Lunch Time</b> <ul style="list-style-type: none"> <li>• Repeat Step 2 between lunch and supper</li> </ul>		
<b>If BG in target range, go to Step 4</b>		
<b>Step 4</b> <b>Supper Time</b> <ul style="list-style-type: none"> <li>• Repeat Step 2 between supper and bedtime</li> </ul>		
<b>If BG in target range, go to Step 5</b>		
<b>Step 5</b> <b>Bedtime</b> <ul style="list-style-type: none"> <li>• Have snack</li> <li>• Apply ratio</li> </ul>	<ul style="list-style-type: none"> <li>• Check BG 2 hours after</li> </ul>	After 3 days of testing: <ul style="list-style-type: none"> <li>• If BG within 2 to 3 mmol/L bolus do not adjust bolus.</li> <li>• If BG increases or decreases more than 2 to 3 mmol/L adjust bolus.</li> </ul>