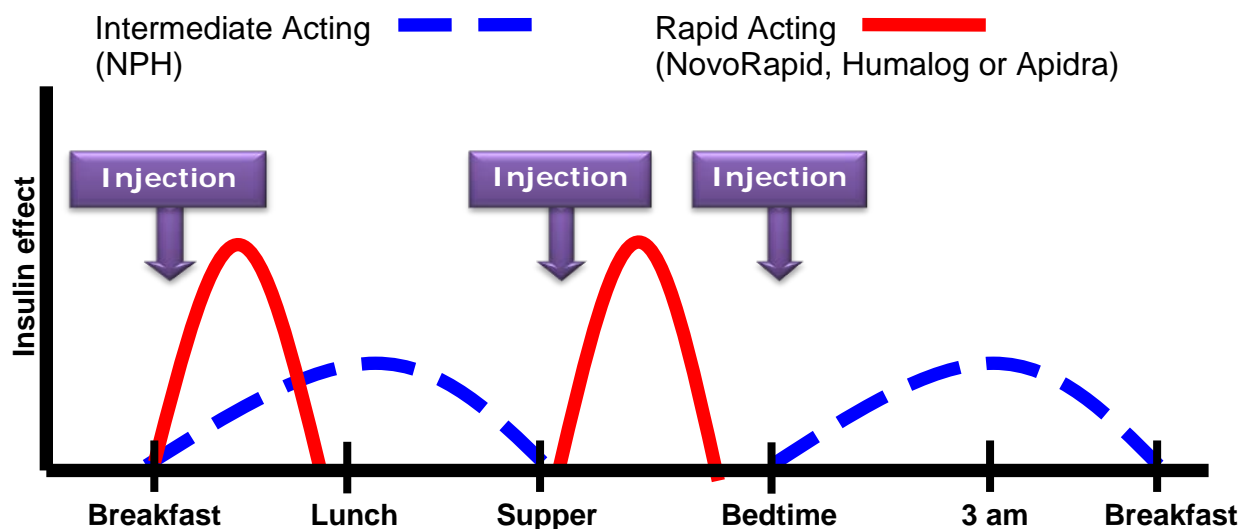


Adjusting Rapid acting + NPH insulin

You use a combination of rapid acting and intermediate acting insulin to meet your body's needs. This chart show the action of both types of insulin.




Your goal is to start each day on target. If your blood glucose is not in the target range at breakfast, start checking your blood glucose at midnight and 3 am to see what is happening.

Adjusting for high blood glucose

Look at your blood glucose results over the past 3 days. What is the pattern? Is there one time of day that you were high for 3 days in a row? Was this due to eating more carbohydrates or having less activity than usual? If not, you need to adjust your insulin.

If you had high blood glucose at the same time of day, for 3 days in a row – increase your insulin using this chart.


If high before:	Increase by 10%
Breakfast	Bedtime NPH 
Lunch	Breakfast Rapid acting insulin
Supper	Breakfast NPH
Bedtime snack	Supper Rapid acting insulin

If you change Bedtime NPH, check your blood glucose at 3 am for 2 to 3 nights.

Adjusting for low blood glucose

Look at your blood glucose results over the past 2 days. What is the pattern? Is there one time of day that you were low for 2 days in a row? Was this due to eating fewer carbohydrates or having more activity than usual? If not, you need to adjust your insulin.

If you had low blood glucose at the same time of day, for 2 days in a row – decrease your insulin using this chart.

If low before:	Decrease by 10%
Breakfast	Bedtime NPH 
Lunch	Breakfast Rapid acting insulin
Supper	Breakfast NPH
Bedtime snack	Supper Rapid acting insulin

If you change Bedtime NPH, check your blood glucose at 3 am for 2 to 3 nights.