

## SEL Managing your insulin dose

Information for people living with type 2 diabetes,  
who use background or basal insulin one time each day

- Brand name and strength of insulin  
.....
- Insulin device  
.....
- Your starting dose of insulin will be ..... units at ..... (insert time)
- Start date .....

### Increasing your own insulin dose safely

**Step 1:** Inject your insulin at about the **same time every day**. Your healthcare professional will have told you the amount of insulin to inject, and how to inject it.

**Step 2:** Monitor your blood glucose (sugar) levels .....(how often e.g. every day). We agreed that your blood glucose target level should be ..... mmol/L at ..... (time of the day)

**Step 3:** After monitoring your blood glucose level, if your blood glucose readings are all above .....mmol/L, on 3 different days in a row increase your insulin dose by **2 units**. Do not increase your insulin dose more often than every 3 days.

If you reach an insulin dose of ..... units, contact your diabetes healthcare professional before increasing the dose any further.

### Hypoglycaemia (low blood glucose levels), also called a ‘hypo’

- A hypo is when your blood glucose falls below 4.0mmol/L.
- You might only get some symptoms of a hypo, or none at all.
- A hypo can happen at any time of the day or night.
- A ‘severe hypo’ is when you cannot manage the hypo yourself, and you have needed help from another person.

If you have a hypo at any time, follow the instructions given to you by your diabetes healthcare professional or the ones in the hypoglycaemia guide you have been given. **If you have a severe hypo or more than 2 hypos in a week, reduce your insulin dose by ..... units and contact your GP practice or diabetes healthcare professional for further advice.**

Patient name ..... Date of birth .....

Prescriber signature ..... Date .....

Prescriber name .....

Contact number for advice .....

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