Guidelines for adjusting twice-daily insulin therapy

These guidelines should only be used following discussion with your diabetes health care professional.
Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers: Translated / easyread healthcare information can be sourced via the Easyread websites listed at the back of this leaflet or via contacting our translation company Big Word. Big Word can be accessed through the search option on InSite.
The ‘3 day’ rule

Your blood sugar levels can change on a day-to-day basis for a number of reasons, examples of this include stress, illness, food and alcohol intake and activity level.

For this reason it is advisable not to alter your insulin doses in response to a ‘one off’ abnormal reading.

We recommend that you adjust your insulin using the ‘3 day’ rule.

The ‘3 day’ rule can help you to regulate your blood sugar levels. If your blood sugar levels are above or below target levels for three days in a row, then adjust your insulin using the charts on the pages overleaf.
Guidelines for adjusting twice-daily insulin therapy

Remember the ‘3 day’ rule if your blood sugar reading is above target

The guidelines below explain what you need to do if your blood sugar levels are above the target range for three days in a row.

**PERSONAL TARGET RANGE:**

<table>
<thead>
<tr>
<th>BLOOD SUGAR READING</th>
<th>INSULIN ADJUSTMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar level above target before breakfast for 3 days in a row</td>
<td>Increase evening (teatime) insulin by 2 units on the 3rd day</td>
</tr>
<tr>
<td>Blood sugar level above target before lunch for 3 days in a row</td>
<td>Increase morning Insulin by 2 units on the 3rd day</td>
</tr>
<tr>
<td>Blood sugar level above target before tea (evening meal) for 3 days in a row</td>
<td>Increase morning Insulin by 2 units on the 3rd day</td>
</tr>
<tr>
<td>Blood sugar level above target before bed (supper time) for 3 days in a row</td>
<td>Increase evening (teatime) insulin by 2 units on the 3rd day</td>
</tr>
</tbody>
</table>

Only increase insulin 2 units at a time. Only adjust one insulin dose at a time.

Contact your Diabetes Health Care Professional if your blood sugar readings are inconsistent with the above guidelines or if you have concerns about your control.
Remember the ‘3 day’ rule if your blood sugar reading is below target

The guidelines below explain what you need to do if your blood sugar levels are below the target range for three days in a row.

**PERSONAL TARGET RANGE:**

<table>
<thead>
<tr>
<th>BLOOD SUGAR READING</th>
<th>INSULIN ADJUSTMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar level below target before breakfast for 3 days in a row</td>
<td>Decrease evening (teatime) insulin by 2 units on the 3rd day</td>
</tr>
<tr>
<td>Blood sugar level below target before lunch for 3 days in a row</td>
<td>Decrease morning Insulin by 2 units on the 3rd day</td>
</tr>
<tr>
<td>Blood sugar level below target before tea (evening meal) for 3 days in a row</td>
<td>Decrease morning Insulin by 2 units on the 3rd day</td>
</tr>
<tr>
<td>Blood sugar level below target before bed (supper time) for 3 days in a row</td>
<td>Decrease evening (teatime) insulin by 2 units on the 3rd day</td>
</tr>
</tbody>
</table>

Only decrease insulin 2 units at a time.
Only adjust one insulin dose at a time.

Contact your Diabetes Health Care Professional if your blood sugar readings are inconsistent with the above guidelines or if you have concerns about your control.
Twice daily insulin therapy general guidelines
Twice daily insulin therapy of a pre-mixed insulin or intermediate insulin usually means an injection before breakfast and an injection before the evening meal.

<table>
<thead>
<tr>
<th>INSULIN TYPES</th>
<th>Pre-mixed Insulin Analogues (Biphasic)</th>
<th>Pre-mixed Insulin (Biphasic)</th>
<th>Intermediate Insulins (Isophane)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Novomix 30</td>
<td>Humalog Mix 25</td>
<td>Humulin M3</td>
<td>Insulatard</td>
</tr>
<tr>
<td>Humalog Mix 50</td>
<td></td>
<td>Hypurin Porcine 30/70 Mix</td>
<td>Humulin I</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hypurin Bovine Isophane</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hypurin Porcine Isophane</td>
</tr>
</tbody>
</table>
**Useful advice**

- Aim to keep before meal blood sugar levels between 4 – 7mmol/L (or the level discussed with your Diabetes Health Care Professional).
- Only increase or decrease insulin 2 units at a time.
- Try not to adjust insulin on the basis of one high or low blood sugar reading. **Use the ‘3’ day rule.**
- Check your injection sites regularly for signs of overuse (as discussed with your Health Care Professional).
- Keep your blood monitoring equipment in a clean condition.

**Useful Contact information**

Contact your Diabetes Health Care Professional if your blood sugar readings are inconsistent with the above guidelines or if you have concerns about your control.

Name of Diabetes Health Care Professional

Telephone number

The name of your insulin is
Guidelines for adjusting twice-daily insulin therapy

Notes
How to contact us
Diabetes and Education Resource Centre
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD
Telephone 01709 427910

Appointments Office
Telephone 01709 427910

Switchboard
Telephone 01709 820000

Useful contact numbers
If it’s not an emergency, please consider using a Pharmacy or call NHS 111 before going to A&E.

NHS 111 Service
Telephone 111

Health Info
Telephone 01709 427190

Stop Smoking Service
Telephone 01709 422444

A&E
Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites
www.therotherhamft.nhs.uk
www.nhs.uk
www.gov.uk
www.patient.co.uk

Easyread websites
www.easyhealth.org.uk
www.friendlyresources.org.uk
www.easy-read-online.co.uk

We value your comments
If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team
The Oldfield Centre
The Rotherham NHS Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD
Telephone: 01709 424461
Monday to Friday
9.00am until 4.00pm
Email: yourexperience@rothgen.nhs.uk
How to find us

Hospital site plan

Rotherham main routes