

Guidelines for adjusting twice-daily insulin therapy



Diabetes Services

These guidelines should only be used following discussion with your diabetes health care professional

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



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

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەبناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە بە تێبگات یان بێخوێنتێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نێمەیلە.

Arabic

عربی

إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

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.

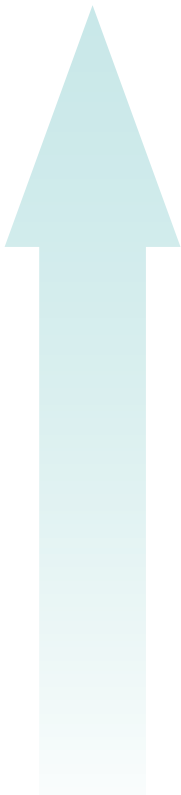
For this reason it is advisable not to alter your insulin doses in response to a 'one off' abnormal reading.

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.

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.**



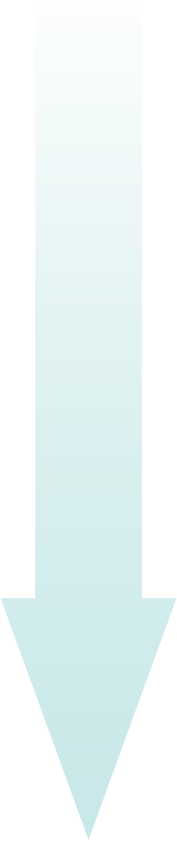
PERSONAL TARGET RANGE:	
BLOOD SUGAR READING	INSULIN ADJUSTMENT
Blood sugar level above target before breakfast for 3 days in a row	Increase evening (teatime) insulin by 2 units on the 3rd day
Blood sugar level above target before lunch for 3 days in a row	Increase morning Insulin by 2 units on the 3rd day
Blood sugar level above target before tea (evening meal) for 3 days in a row	Increase morning Insulin by 2 units on the 3rd day
Blood sugar level above target before bed (supper time) for 3 days in a row	Increase evening (teatime) insulin by 2 units on the 3rd day

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:	
BLOOD SUGAR READING	INSULIN ADJUSTMENT
Blood sugar level below target before breakfast for 3 days in a row	Decrease evening (teatime) insulin by 2 units on the 3rd day
Blood sugar level below target before lunch for 3 days in a row	Decrease morning Insulin by 2 units on the 3rd day
Blood sugar level below target before tea (evening meal) for 3 days in a row	Decrease morning Insulin by 2 units on the 3rd day
Blood sugar level below target before bed (supper time) for 3 days in a row	Decrease evening (teatime) insulin by 2 units on the 3rd day

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.

INSULIN TYPES	
Pre-mixed Insulin Analogues (Biphasic)	Novomix 30 Humalog Mix 25 Humalog Mix 50
Pre-mixed Insulin (Biphasic)	Humulin M3 Hypurin Porcine 30/70 Mix
Intermediate Insulins (Isophane)	Insulatard Humulin I Hypurin Bovine Isophane Hypurin Porcine Isophane

Guidelines for adjusting twice-daily insulin therapy

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

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

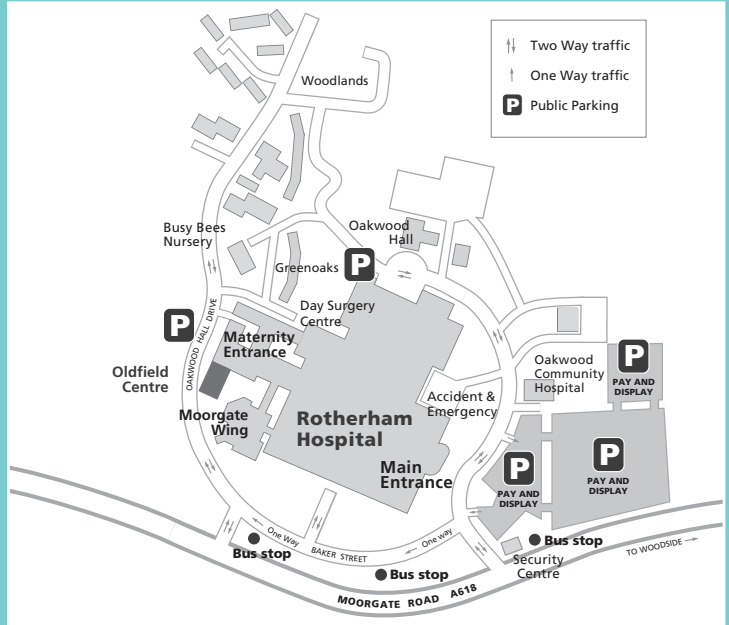
Monday to Friday

9.00am until 4.00pm

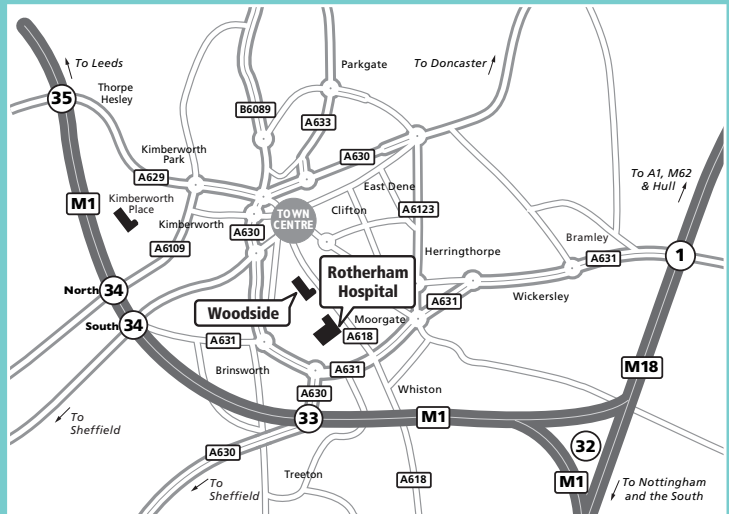
Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan



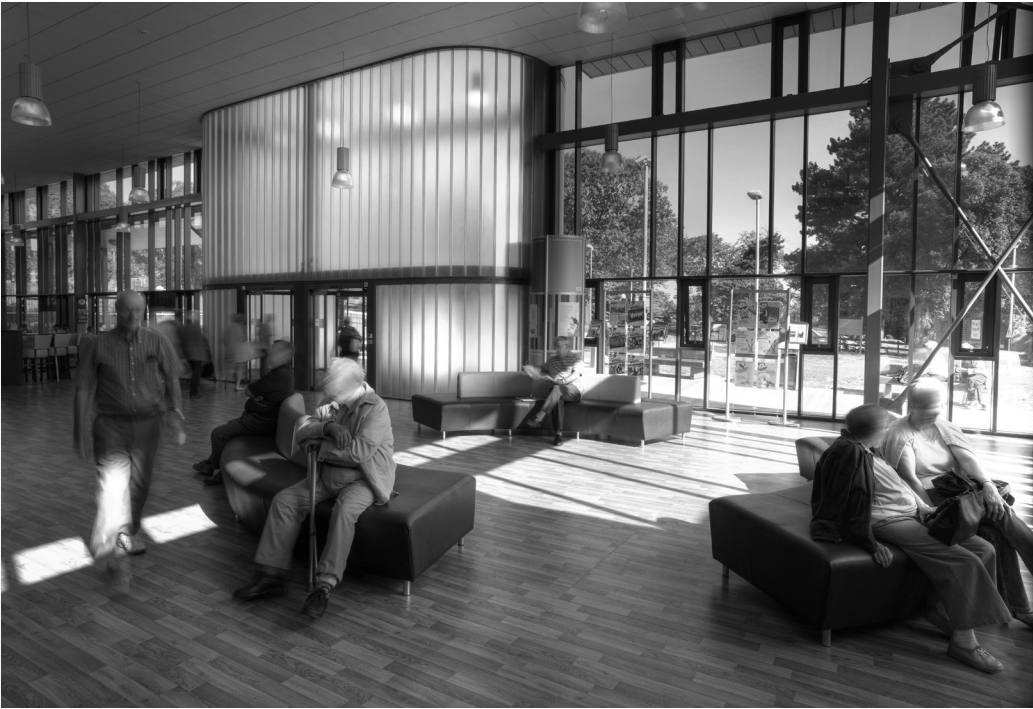
Rotherham main routes





LS 28 04/15 V3 Jones & Brooks

Diabetes Services



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk