

Appendix 2

STARTING AND ADJUSTING INSULIN

Adding Insulin to Oral Therapy

Dose
Start 5-10 units (to a maximum of 0.25 units/kg) NPH qhs at bedtime.

Device
Suggest insulin pen for patient comfort and ease of use.
Ensure patient receives detailed instruction on injecting, glucose monitoring, meal planning, exercise and managing hypoglycemia.

The Prescription

Novolin* or Humulin** Penfill 3 ml 100 units/ml cartridge
Disp: 1 box (3ml x 5 cartridges)
Instructions: Use as directed

* Novolin
** Eli Lilly device

Monitoring and Adjustment

Ask the patient to:

- check and record blood sugar at once or twice a day, before breakfast and then at different times (before and two hours after meals)
- monitor daily for signs and symptoms of hypoglycemia
- return for follow-up visit one week after insulin initiation

Every 1-2 weeks,

- Increase insulin by 1-2 units until FPG of 4-7 mmol/L achieved (max change: 2 units). If patient is hypoglycemic, decrease insulin dose or oral therapy.

Every 3-4 months:

- Measure HbA_{1c}

Switching to Insulin-only Therapy When Oral Therapy and Night-time Insulin No Longer Achieve Target Glucose Levels

Dose

Start Novolin or Humulin 30/70:

- Initiate total daily dose of 0.5 units/kg
- Administer 2/3 (66%) of dose 30 minutes before breakfast and 1/3 (34%) 30 minutes before dinner

Monitoring and Adjustment

Ask the patient to:

- check and record blood sugar at least twice a day (before breakfast and before dinner)
- monitor daily for signs and symptoms of hypoglycemia
- return for follow-up visit one week after insulin initiation

Every 1-2 weeks:

- Increase insulin by 1-2 units until FPG of 4-7 mmol/L is achieved (max change: 2 units). FPG (pre-breakfast) typically reflects the pre-dinner dose of the previous evening. Pre-dinner glucose typically reflects the morning dose given that day.

OR

- Increase/decrease (by 10-20%) the current dose until FPG of 4-7 mmol/L is achieved

Every 3-4 months:

- Measure HbA_{1c}

Consider referral if this regimen does not control hypo/hyperglycemia.