

## ***How to Adjust your Insulin Dosage*** **(When Using Diabetes Pills During the Day)**

Your doctor has prescribed insulin for you to take at bedtime, and wants you to continue to take diabetes pills during the day. The combination of these medications is an effective way to control your blood sugar levels.

The bedtime insulin is for controlling your blood sugar level through the night until breakfast. You can figure out the right dosage by checking your blood sugar levels regularly and following the steps below.

**Remember:** These instructions are only to be used after you are used to taking your insulin. If you are first starting on insulin, adjust the dose of insulin under the supervision of your doctor.

### **Five Steps for Finding the Best Dosage**

1. Check your blood sugar levels two times each day (before breakfast and before supper).
2. If your morning blood sugar level is more than 9 on at least 2 out of 3 days in a row, add 4 units to the bedtime dose of insulin and continue on this new dose unless it needs to be changed because of your blood sugar level.
3. If your morning blood sugar level is between 7 and 9 for at least 2 out of 3 days in a row, add 2 units to the bedtime dose of insulin and continue on this new dose unless it needs to be changed because of your blood sugar level.
4. If your morning blood sugar is less than 5 on 2 out of 3 days in a row at any time, subtract 2 units from the bedtime dose of insulin and continue this new dose unless it needs to be changed because of your blood sugar level.
5. Continue doing this until your morning blood sugar is in the 4-7 range.

**When you're not sure what to do,  
call your doctor or another member of your diabetes care team.**

*Adapted from:* "Self-Adjustment of Bedtime NPH Insulin When Used With Pills During the Day", Diabetes Care and Research Program, McMaster University/Hamilton Health Sciences, Hamilton, Ontario, 2001.

