

## Paediatric Diabetes

# Adjusting Insulin Doses - Basal Bolus Regimen

### Background insulin – Basal (Glargine or Detemir or Tresiba)

Background insulin (your long acting insulin) is given once a day.

- Your background insulin needs to be given at the same time each day. This insulin is usually given at teatime or at bedtime, using a leg injection site.
- Your background insulin does not need to be given with food.
- First thing in the morning, you need to aim to get your blood glucose to 4 – 7 mmols (this is called your fasting blood glucose)

### And for you not to suffer hypos during the night:

- You will need to increase your background insulin dose by 1-2 units every 3 days. You may prefer to discuss with your Diabetes Nurse

### Fast acting insulin – Bolus (Novorapid or Humalog)

- Fast acting insulin will start to work in your body 10 – 15 minutes after your injection.
- Your blood glucose levels increase when you eat food, so your fast acting insulin needs to be given with main meals, where possible give your fast acting insulin directly before eating.
- You may need to reduce your dose of fast acting insulin if you are going to exercise within one hour of your injection.
- You will need to work out the amount of fast acting insulin that you require when you eat your meals.
- You will need \_\_\_\_\_ unit(s) for every \_\_\_\_\_ grams of carbohydrate that you eat.



## Patient Information

- If your blood glucose levels are too high before lunch (above 8 mmols) you will need to increase your breakfast fast acting insulin.
- If your blood glucose levels are too high before your evening meal (Above 8 mmols) you will need to increase your lunch fast acting insulin.
- Your blood glucose levels should return to 4 – 7 mmols two hours after you have eaten a main meal if you have given the correct amount of fast acting insulin.

## Tips

- Monitor your blood glucose levels before breakfast, lunch, evening meal and before you go to bed at night.
- When you start on the basal bolus regimen try to eat similar amounts of carbohydrates to check how the insulin is working.
- Keep a record of your meals and snacks so that you can find out how different foods affect your blood glucose levels.
- Keep a record of how exercise affects your blood glucose levels.
- Remember to change your injections sites regularly and check your injection sites for lumps which will affect the action of the insulin.

## Further Information

Please contact your diabetes nurse on **024 7696 7230** if you feel that you need help.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7230 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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# Patient Information