

## Paediatric Diabetes

# Adjusting insulin doses - Basal bolus regimen

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

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

- Your background insulin should 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).

### Stopping nighttime hypos (hypoglycaemia):

- You will need to decrease your background insulin dose by 1-2 units every 3 days. You may also wish to discuss adjustments with your diabetes nurse.

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

- Fast-acting insulin will start to work in your body 10 to 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. Ideally, inject it directly before eating.
- You may need to reduce your dose of fast-acting insulin if you plan 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.



## Patient Information

- You will need \_\_\_\_\_ unit(s) for every \_\_\_\_\_ grams of carbohydrate that you eat.
- If your blood glucose levels are too high before lunch (above 8mmol/L) you will need to increase your breakfast fast-acting insulin.
- If your blood glucose levels are too high before your evening meal (above 8 mmol/L) you will need to increase your lunch fast-acting insulin.
- Your blood glucose levels should return to 4 – 7 mmol/L 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 to understand 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, as they can affect the insulin's effectiveness.

### 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.

## Patient Information

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

Department:	Paediatric Diabetes
Contact:	27230
Updated:	January 2025
Review:	January 2026
Version:	7.2
Reference:	HIC/LFT/547/07