

Safe insulin prescribing tip 7

“How much should I adjust an insulin dose by?”

Think back to the last time you were called to adjust an insulin dose...

Did you feel comfortable and confident adjusting the dose?

What do I need to consider?

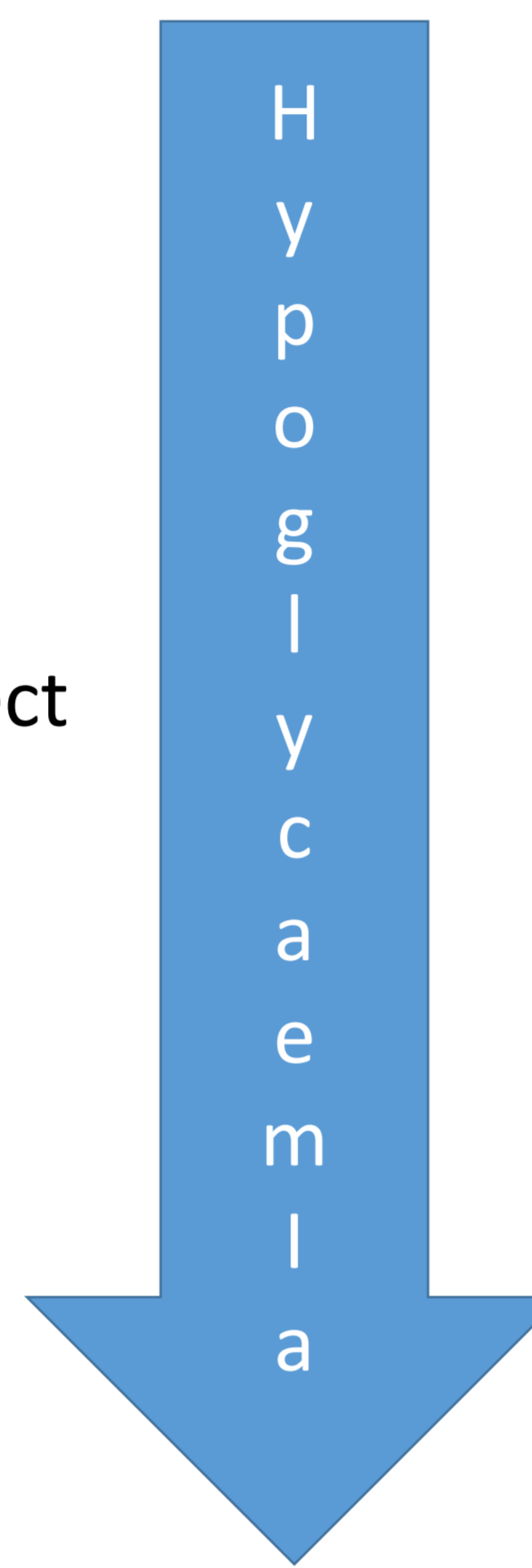
Review trends in CBG level instead of single readings.

Consider how much effect you need to make.

Identify which insulin and timing will affect the CBG level (see insulin tip 10).

Prescribe tomorrow's new dose now!

- Typically increase insulin dose(s) by 10% if CBG 12-20mmol/L.
- Typically increase insulin dose(s) by 20% if CBG >20mmol/L.



Increased sensitivity to insulin?

- Renal function
- Liver function
- Frail/elderly
- Not eating as much as usual

*Need to be cautious in titrating insulin doses in these patients.

*Regular titration may be needed

Avoid hypoglycaemia (CBG <4mmol/L)

- For hypoglycaemia, where no other cause can be found, reduce relevant insulin dose by 20% with careful monitoring



Increased insulin requirements?

- Illness
- Prescribed corticosteroids (e.g. prednisolone)

*Regular titration may be needed

*Remember to review insulin doses once illness resolved or corticosteroids reduced / stopped

Example scenarios

Patient prescribed NovoMix 30 insulin 40 units pre-breakfast and 20 units pre tea.

- CBG level 14mmol/L
- Identified need to increase both doses
- Increase doses by 10% e.g.:
- NovoMix 30 insulin 44 units pre-breakfast and 22 units pre tea

Patient prescribed NovoMix 30 insulin 40 units pre-breakfast and 20 units pre tea.

- CBG level 22mmol/L
- Identified need to increase both doses
- Increase doses by 20% e.g.:
- NovoMix 30 insulin 48 units pre-breakfast and 24 units pre tea

Prescribing tips summary

- Don't adjust insulin dose(s) on the basis of one raised blood glucose result, always look for a pattern
- Check for risk of increased insulin sensitivity
- Identify which insulin dose is affecting blood glucose reading before amending insulin doses
- Typically increase relevant insulin dose by 10% if CBG level 12-20mmol/L
- Typically increase relevant insulin dose by 20% if CBG level >20mmol/L
- If CBG level <4mmol/L, and no other cause for this can be found (e.g. not eating meal), reduce relevant insulin dose by 20%