



Instructions for Patients Who Are Starting Basal Insulin

You will be taking _____ in the evening before bed.

It is important that you continue to take your other diabetes medications as prescribed unless you have been told to change the dose or stop them.

HOW TO START AND ADJUST YOUR INSULIN DOSE

- Your target morning fasting blood glucose level is _____.
- Start with injecting _____ units of insulin at bedtime.
- Increase your insulin dose by _____ unit(s) every night until your morning fasting blood glucose level has reached 4 to 7.
- Remember to rotate where you inject insulin.

MONITORING YOUR BLOOD GLUCOSE

- Test your blood glucose every day before breakfast while your insulin dose is being adjusted. You only need to check at other times of the day if you're adding insulin at other times of the day.
- Record your blood glucose values and any changes in activity or food in your diary and bring this to your next appointment. This information helps your diabetes health-care team understand your diabetes control.
- Low blood glucose is a possible side effect of insulin (hypoglycemia). Low blood glucose can occur with too much insulin, increased activity, or not enough food.
- If your morning fasting blood glucose is ever less than 4, reduce your evening insulin and contact your primary care clinician.
- If you think your blood glucose is low, check it and record that information in your diary.
- If your sugar goes below 4 and you are having symptoms, use a fast-acting sugar source such as a juice box or hard candy.

NOTES: (for example, oral medications to change/stop)

Note to physician: Usual target fasting blood glucose is 4 to 7 (higher may be appropriate depending on functional status). Most patients can start with 10 units (0.1–0.2 units/kg for patients < 50 kg). If using degludec, the dose should be increased by 2 to 4 units every week until target is achieved. If using another basal insulin, increase the dose by 1 unit every night until target is achieved.