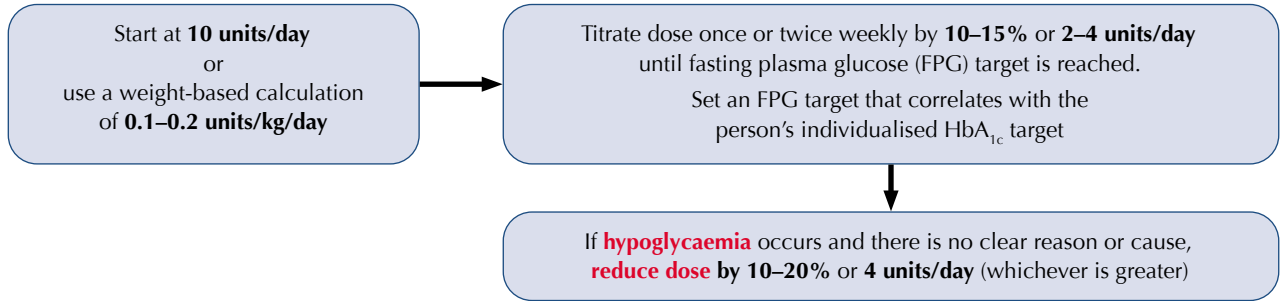


Initiation of a basal insulin regimen²



Initiation of a basal–bolus insulin regimen

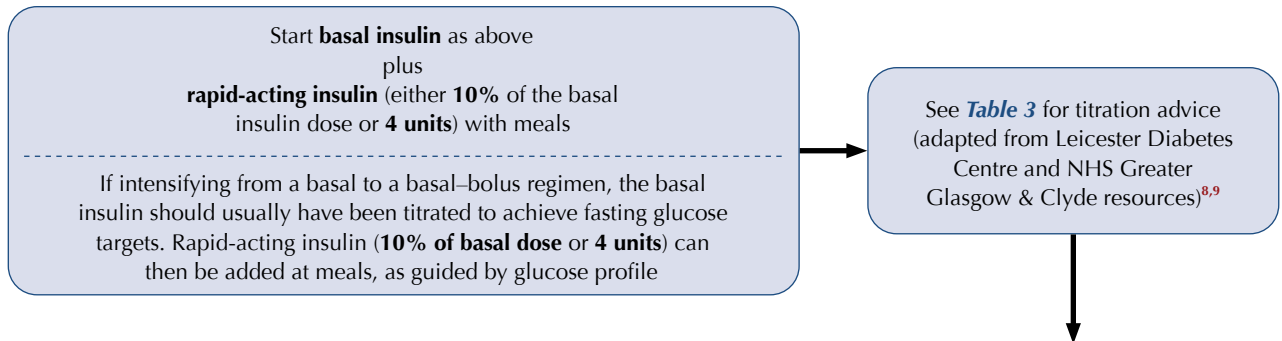


Table 3. Basal–bolus insulin adjustments according to blood glucose levels (Note: target ranges should be individualised).

Time	Glucose level			
	<4 mmol/L	4.1–7.0 mmol/L	7.1–14.0 mmol/L	≥14.1 mmol/L
Before morning meal	Reduce basal insulin dose by 20%	No change	Increase basal insulin dose by 10%	Increase basal insulin dose by 20%
Before midday meal	Reduce morning-meal rapid-acting dose by 20%	No change	Increase morning-meal rapid-acting dose by 10%	Increase morning-meal rapid-acting dose by 20%
Before evening meal	Reduce midday-meal rapid-acting dose by 20%	No change	Increase midday-meal rapid-acting dose by 10%	Increase midday-meal rapid-acting dose by 20%
Before bed	Reduce evening-meal rapid-acting dose by 20%	Bedtime snack if <7 mmol/L or reduce evening-meal rapid-acting dose by 10%	Increase evening-meal rapid-acting dose by 10%	Increase evening-meal rapid-acting dose by 20%