

Basal Insulin Dosing Guide

Starting basal insulin for type 2 diabetes¹

With the help of your healthcare provider, fill out the form below to get started with your basal insulin treatment.

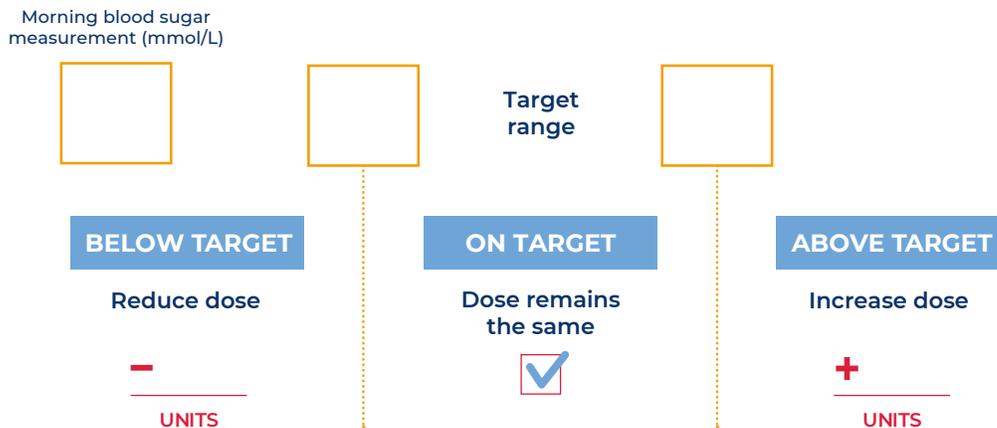
Basal insulin prescribed: _____

Starting dose: _____ units, _____ time(s) per day, taken _____

Basal insulin should be adjusted until the pre-breakfast (fasting) blood sugar target is reached.

Adjusting your basal insulin dose

1. Take your pre-breakfast (fasting) blood sugar measurement
2. Check where your blood sugar is on the chart below to see what to do



Check the days of the week you will adjust your insulin dose:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Missed dose

If a dose of **insulin glargine** is missed or if not enough has been injected, your blood sugar level may become too high (hyperglycemia). Do not take a double dose to make up for a forgotten dose.^{2,3}

If a dose of **insulin degludec** is missed, the missed dose should be taken as soon as you remember, making sure there are at least 8 hours between doses. Following that, continue with your regular dosing schedule.⁴

Sick-day management

Illness, especially with nausea and vomiting, diarrhea and/or fever, may change how much basal insulin you need. Even if you are not eating, you will still require insulin. You and your healthcare professional should establish a sick-day plan for you to use in case of illness. When you are sick, test your blood/urine frequently and call your healthcare professional as instructed.²

Sick-day plan:

What you need to know about hypoglycemia (low blood sugar)

Treatment of diabetes with insulin can sometimes lead to hypoglycemia. Symptoms of hypoglycemia can include feeling shaky, light-headed, nauseated, nervous, anxious, hungry, confused, sweaty and weak. Measuring your blood sugar regularly will tell you if your blood sugar is too high or too low. When your blood sugar falls below your target range (for most people, this is usually about 4 mmol/L), this is called “hypoglycemia.” Hypoglycemia can happen quickly, so it is important to treat it right away. If your blood sugar drops very low, you may lose consciousness and need help from another person.⁵

What should you do if you think you are experiencing hypoglycemia?



Diabetes Canada suggests treating mild-to-moderate hypoglycemia with 15 g of fast-acting carbohydrate. For example⁵:

- 15 g of glucose in the form of glucose tablets
- 15 mL (1 tablespoon) or 3 packets of sugar dissolved in water
- 150 mL (2/3 cup) of juice or regular pop
- 6 Life Savers® (1 = 2.5 g of carbohydrate)
- 15 mL (1 tablespoon) of honey (do not use for children less than 1 year old)



Wait 15 minutes, then check your blood sugar again. If it is still below 4 mmol/L:

- Treat again; wait 15 minutes, check your blood sugar. Continue these steps until your blood sugar is above 4 mmol/L



When your blood sugar is above 4 mmol/L:

- If your next meal is more than 1 hour away, or you are going to be active, eat a snack with 15 g of carbohydrate and a protein source (e.g., half a sandwich or cheese and crackers)
- Do not drive for 40 minutes

DO NOT TAKE ANY INSULIN IF YOU ARE EXPERIENCING OR THINK YOU MAY BE EXPERIENCING HYPOGLYCEMIA.

References:

1. Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Can J Diabetes*. 2018; 42:S1-S325. 2. sanofi-aventis Canada Inc. Lantus® Product Monograph. 2017. 3. sanofi-aventis Canada Inc. Toujeo™ SoloSTAR® Product Monograph. 2015. 4. Novo Nordisk Canada Inc. Tresiba® Product Monograph. 2017. 5. Diabetes Canada. Lows and highs: blood glucose levels. 2018. Available at: <http://guidelines.diabetes.ca/docs/patient-resources/lows-and-highs-blood-sugar-levels.pdf>. Retrieved May 17, 2018.