

Oxfordshire Children's Diabetes Service

Children's Hospital, Oxford

Horton General Hospital, Banbury

Altering Insulin Doses to Keep Good Control

Ten Top Tips

To help keep your child's blood glucose (BG) at a good level while they grow, you will need to change their insulin doses in between clinic visits. These tips have been written to help you to know what to do and when to do it.

1. Ideal BG levels are 4-6.9mmol/l before all meals and before bed.
2. Keep a record book (BG diary) and try to fill it in at least twice a week with all the BG levels from your child's meter.
3. Look at the BG diary or download the meter to Diasend every week, with your child. You can both look at the times when their blood glucose levels were between 4-6.9mmol/l and when they were either above or below this range. This will help them to learn with you about making changes to their insulin doses.
4. Always give your child's usual correction dose if their BG level is more than 7.0mmol/l before a meal. Corrections may also be needed before snacks, especially in the mid-afternoon and evening.
5. Look for patterns of high BG levels and increase the insulin dose if their BG level is high (more than 7.0mmol/l) at the same time on 4 days or more in a week.
6. If your child has **high BG levels** (more than 7.0mmol/l) for 4 or more days in a week **before a particular meal**, increase the insulin dose for the meal eaten **before** the high levels. For example, if your child's BG level is high at lunchtime, increase the breakfast dose by 0.5 to 1 unit from now on. Either add on this amount to your child's usual food dose, or increase the insulin to carbohydrate ratio (ICR) by 10% if your child has a pump or Expert meter.
7. If your child has **high BG levels before bed**, increase the evening meal dose in the same way.
8. If your child has **high BG levels in the mornings**, and these are not because of high levels before bed, increase the Lantus dose or overnight basal rates.

9. How to increase Lantus doses (or basal doses if your child is on a pump):
 - If your child has less than 10 units of Lantus, increase by half a unit at a time.
 - If your child has 10-20 units, increase by 1 unit at a time.
 - If your child has more than 20 units, increase by 2 units at a time.
 - On a pump, basal rates can go up overnight by 0.05 to 0.1 units per hour. Consider basal rate testing.
10. **If you are not sure what to change, or would like to ask any questions, please call your child's Diabetes Specialist Nurse (see the contact sheet).**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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