Basic Guidelines for Making Dose Adjustments:

Basal:

-If blood glucose is dropping more than 50 points from bed time (or 3 hours post bedtime snack and/or correction insulin) until morning check, decrease basal (Lantus) by 20%

→ use this formula: current basal x 0.8 = new basal

Example if current Lantus is 10 units: 10 x 0.8 = 8 units

-If blood glucose is steadily rising over 50 points over night, increase basal (Lantus) by 10%

→use this formula: current basal x 1.1 = new basal

Example if current Lantus is 10 units: 10 x 1.1 =11 units

Insulin to Carbohydrate (ICR):

-If blood glucose is dropping 3 hours after a meal, decrease ICR by 20%

→use this formula: current ICR x 1.2 = new ICR

Example if current ICR is 1 unit per 20g: 20 x 1.2 = 24 (1 unit per 24g carb)

-If blood sugars are showing a pattern of rising 3 hours after a meal, increase ICR by 10%

→use this formula: current ICR x 0.9 = new ICR

Example if current ICR is 1 unit per 20g: 20 x 0.9 = 18 (1 unit per 18g carb)

Correction Scale (CS):

-If correction lowers the blood glucose below the target range, decrease dose by 20%

→use this formula: current CS x 1.2 = new CS

Example if current CS is 1 unit per 50 points >150: 50 x 1.2 = 60 (1 unit per 60 points >150)

*You could also consider adjusting the Target Range, for example: 1 unit per 50 points >175

-If the correction does not bring the blood glucose into the target range, increase by 10%

→use this formula: current CS x 0.9 = new CS

Example if current CS is 1 unit per 50 points >150: 50 x 0.9 = 45 (1 unit per 45 points >150)

*You could also consider adjusting the Target Range, for example: 1 unit per 50 points >140